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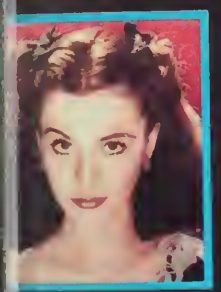
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- ¼ cup (½ stick) butter
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- ⅛ teaspoon white pepper
- 2 cups light cream OR half and half
- ½ cup combined grated Parmesan and Romano cheese

Cannelloni:

- 6 cannelloni shells
- 2 tablespoons butter
- 3 tablespoons sliced green onion
- 1 package (10 oz.) frozen chopped spinach, thawed and well-drained
- 1 cup finely chopped cooked chicken
- 1 cup finely chopped cooked ham
- ½ cup combined grated Parmesan and Romano cheese
- 2 eggs, beaten
- ¾ teaspoon Italian seasoning
- ¼ teaspoon pepper

For sauce, saute garlic in butter, 3 minutes. Stir in flour and seasonings. Remove from heat. Gradually stir in cream. Bring to boiling over medium heat, stirring constantly. Boil and stir 1 minute. Reduce heat to low. Stir in cheese until melted; set aside.

For cannelloni, parboil shells according to package directions; rinse and drain. Meanwhile, saute onion in butter until tender, about 3 minutes. Remove from heat; stir in remaining ingredients. Preheat oven to 350°F. Fill shells. Place in buttered 2-quart rectangular baking dish. Spoon sauce over filled cannelloni. Bake 20 minutes. Then broil several inches from source of heat about 5 minutes or until sauce becomes golden and bubbles. Serve immediately.



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EDITOR'S JOURNAL

By Myrna Blyt

Time for a good read

When I think about summer, I think abaut lang, lazy days with enaugh time ta whot I really want—and that usually means curling up with a good boak a lasing myself in its pages. In truth, my summer schedule, like yours, is probab nat very different fram my schedule at any ather time af the year, yet I'm s canvinced that during the summer I'll find the time ta lie aut an the chaise long an the deck and catch up with all the good baoks I've missed. There we summers in the post when I did have time ta read and read—thase adolesce years especially, when I cauld finish *War and Peace* an one night and start *Ble House* the next marning. Ah, the energy af the teenage bookwarm.

In case yau need same ideas far a cauple af books to take alang on yaur vacatian, I asked t *Journal* editars, all warld-class readers, what baoks they've enjoyed lately. The mast aft mentioned were *The Accidental Tourist,* by Anne Tyler, and *The Good Mother,* by Sue Miller; I al asked them whot book ar baoks they reread mast aften. Editarial Praductian Editar Nina Keilin says, "Anything by Jane Austen," while Seniar Editor Rabbie Grant admits to a fondness far the mysteries af Darothy Sayers, and Beauty and Fashian Editar Lais Jahnson prefers *Madame Bovary.* What's next an everyane's reading agenda? Executive Editor Jan Goodwin is reaching far *The White Nile,* by Alan Moorehead, while Food Editar Jan Hazard is gaing ta read *The Beet Queen,* by Louise Erdrich. (Na, it's not a caokbook!) And what does aur intrepid Baaks Editar (and mather af a an year-ald) Mary Lau Mullen reread mast frequently? She says, "Dr. Spack."



Nino Mascardi/The Image Bank

Of caurse, even before yau apen a book this summer, please enjay the wanderfully entertaini reading in this July issue. Besides aur always interesting features, there's a charming shart story Shirley Nunes, one af last year's winners af *LHJ*'s short-stary contest.

There is also one af my mast favarite food features ever: recipes drawn fram classic Americ navels. Literate and deliciaus! One mare thing before I let yau settle dawn with a good book—a a great magazine: Fill aut aur impartant health survey and send it ta us. Then have a good read.

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Lynn Goldsmith/LGI


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Cover photos: Princess Diana, Tim Graham/Sygma for Prince of Wales Trust Vivien Leigh, Movie Star News

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My husband is completely selfish

By Jane Marks



Ardith Truhan

The true story reported here is taken from interviews, though names and other details have been changed to conceal identities. The counselor in this case was Neil Schiff, Ph.D., a psychologist who is in private practice in Washington, D.C.

Linda's turn

"WADE IS UNBELIEVABLY SELFISH," said Linda, a petite woman of thirty-four with auburn hair and green eyes. "For six years I put up with his lack of consideration; I won't anymore.

"Maybe I expect too much. My parents, whom I'm very close to, had the most harmonious relationship, and I always assumed that one day I'd be lucky, too. Of course, my father, a lawyer, is very much of the old school. He thinks a husband should cater to his wife, and he certainly does so with Mom, driving her to the hairdresser each Saturday, fussing like crazy if she has so much as a cold. That kind of behavior is extreme—but I wouldn't mind if my husband showed a little thoughtfulness once in a while.

Linda was tired of pampering Wade and getting nothing in return. What happens when a man sees only *his* needs?

"When we first met, I found Wade's attitude refreshing. He didn't fawn all over me the way my first husband, James, had. James was a romantic—a professor who was constantly falling in love with his students. After three years he left me, and I swore I wouldn't get involved again for a long time.

"But barely a month after my divorce was final, I met Wade. At the time, I was assistant director of career counseling at the university. Wade had just completed his M.B.A., and he came to me for job-placement advice.

"Though Wade is two years younger than I am, I was immediately attracted to him. He was very sexy and very determined to make his mark on the world. Within a month, we were dating seriously. Wade didn't read me love poems the way James had, but we jogged together, went to the theater and, I thought, shared the same goals.

"After dating for four months, we decided to get married. We had a small ceremony in my parents' backyard, with only our families attending. We didn't have a honeymoon because Wade had just begun his job as a marketing assistant for an oil company, and he felt we shouldn't squander either the time or the money.

"For some reason, I naively assumed that marriage meant we'd be sharing the domestic chores. But from the very beginning, Wade took no responsibility for anything having to do with running the house, despite the fact that I was still working full-time at a very high-pressure, demanding job.

"His attitude bothered me, but I didn't say anything. We were newly married, and I believed that things would even out soon enough.

"Fifteen months after our wedding, I gave birth to twin girls, Pam and Jill. Though I was very torn about leaving my job—I was, *(continued)*



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after all, making a lot more money than Wade, and under the circumstances, we could have used the income—I knew that I really wanted to be home with my children.

"At that point, I probably should have put my foot down. I should have insisted on some help at home. But Wade was always so resentful whenever I asked him to get home a little earlier.

"Frankly, the intensity of his resentment shocked me. 'Give me a chance to be successful, too,' he would say sarcastically whenever we started talking about his late hours. So I continued to be Supermom.

"But nothing ever changed. Wade is such a throwback—he likes to see the table nicely set for breakfast with fresh strawberries and homemade coffee cake, but it never occurs to him to put his dishes in the dishwasher. He has the same attitude when it comes to the twins. He loves to play with them, but runny noses are my job, my problem.

"Wade is totally oblivious to the stress I'm under. Case in point: I often suggest we go out to dinner. He tells me it's too expensive and never as good as my cooking. 'Don't you think we owe it to the kids to be home?' he'll ask in a voice that implies I'm a neglectful mom.

"Then later, if I try to bring the subject up again, he shrugs his shoulders, rolls over and goes to sleep. Wade seems to think that if you simply don't acknowledge a problem, it will go away. Well, I'm tired of talking to the wall. We are bickering constantly.

"One thing we fight about all the time is money. Recently I bought myself a cashmere sweater. Yes, it was expensive, but we can afford it. I don't throw money around, though Wade constantly tells me I do.

"I've tried to explain how I feel about money—that you should save for the future but if you can afford a few nice things, well, that's what you're working for—but he refuses to listen. In fact, throughout our marriage he has never once sat down and worked out a budget so he could see that we don't have to pinch pennies. I resent always having to ask him for permission to buy something.

"I just can't believe we've grown so far apart. Our relationship used to be so loving that I never dreamed the distance between us could ever be this great. Clearly, Wade doesn't even find me attractive anymore. The other night, I made a special effort to be affectionate, to snuggle up in bed, but he didn't respond. He just kept on watching this basketball game on TV.

"Well, I've had enough. Last weekend, I took the twins to my mother's house, and we've been there ever since. Maybe this will shock him out of his awful passivity."



Ardith Truhan

"I thought I had married a confident, mature woman, but Linda is just the opposite."

Wade's turn

"I can't believe our relationship has deteriorated this badly either," said Wade, thirty-two, a tall man with thick blond hair who shifted nervously in his chair. "When I met Linda, I was struck by how much wiser she was than anyone I had ever dated. She was also so easygoing, not like the nag she has turned into. We enjoyed the same things, dreamed the same dreams—I thought we were really in sync.

"Obviously, we didn't know each other at all. Maybe we got married too quickly . . . we certainly didn't plan on starting a family so soon. When the twins were born, the pressure mounted. I have a very demanding job. I studied long and hard to get my degree, and I really want to prove myself and do well. Most of the child care fell to Linda. We never really discussed it, but I thought that's what she wanted.

"Before long, though, the nagging began. I'd be driving myself nuts trying to support the family, and the moment I'd walk in the door, Linda would start in on me. It hasn't let up all these years. Doesn't she understand that I'll be fired if I don't put in these hours?

"Linda never sees my side of this, and years ago we started arguing. It's a vicious cycle. Neither of us knows how to break the tension.

"Frankly, while Linda says she's surprised at the way I've turned out, I'm surprised she's as emotionally needy as she is. I thought I had married a confident, mature woman, but Linda is just the opposite. She's a little girl who hasn't grown up, who wants Daddy to be there all the time to make everything better.

"Linda accuses me of not being loving. Well, if being loving means waiting on her hand and foot, like her father does for her mother, forget it. My own mother didn't need hand-holding or help with domestic chores. She did everything herself because my dad, a salesman, was usually on the road. We weren't rich, but we managed just fine.

"Linda is always complaining that we don't do enough, like go out to dinner. Well, I like to eat at home. Linda is a good cook, and it's just far too expensive to go out. Linda's father was well off; she thinks money grows on trees. But most important, I want to stay in because I don't like to come home after the girls are asleep . . . I look forward to taking them out for a bike ride after dinner or just sitting on the patio and reading to them.

"I also find it hard to understand why Linda expects me to examine every problem from every angle. I believe that if you have a problem, you find a solution and go with it. But Linda can talk for hours—days—about the same thing. After a while, I have to distance myself from her or I'll go nuts.

"On top of all this, Linda sets up these tests for me—tests of loyalty and love—that I inevitably fail. If I don't pick up on certain little overtures, I'm an unromantic clod. According to her, I'm supposed to know when she's feeling amorous and then not watch the ball game I've been looking forward to all week. Not to mention the fact that it's extremely hard to feel loving toward someone who is always criticizing me about everything.

"Her leaving, though, was a real shock. I didn't realize things were that bad. Of course I want to make this marriage work. I love Linda . . . but I don't understand her at all."

The counselor's turn

"Linda and Wade were both feeling shortchanged and pressured," noted the counselor, "and *(continued)*



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CAN THIS MARRIAGE
continued

their relationship was clearly at an impasse. Neither knew what to do first.

"I told this couple I could help them, but they first needed to establish a new and constructive way of communicating. Though Linda had apparently been assertive in the working world, she was too traumatized by the failure of her first marriage to want to rock the boat in her second. For years, she chose to brush aside problems rather than confront them, hoping that things would change. She grew more and more resentful and automatically nagged her husband.

"Unaware of his wife's feelings, Wade also became resentful of what he viewed as undeserved criticism. He, too, chose to play the ostrich when trouble erupted, admitting that tuning out was his only defense against Linda's carping.

"Once this couple agreed to make a concerted effort to recognize this pattern and break it, we made some progress. One of the first subjects we addressed was the issue of money, because in every marriage it affects all aspects of a relationship.

"Because Linda and Wade came from different economic backgrounds, it was not surprising that they had different attitudes toward money. Linda had come from a solidly upper-middle-class home, but she was not profligate, and her attitude toward money was a healthy one. She had a right, I told them, to participate in the family's financial planning.

"Wade patterned himself on his father, the breadwinner in the traditional sense, who never participated in domestic affairs. Like his father, he wanted to be sole arbiter of the family's finances. Wade's ego was tightly bound to his job and his ability to support his family. He wasn't aware of it, but the fact that Linda had earned more money than he continued to put pressure on him. When Linda spent money without consulting him—when she bought that cashmere sweater, for instance—he saw it as a direct challenge to his role as the man of the house.

"I also told them there was room in any marriage for different ideas about money, as long as the partners talked about their feelings and agreed on basic points. I suggested that they set up three accounts: one for Wade, one for Linda and one joint account for household expenses. This system worked nicely. The bickering about money stopped, and Linda felt better now that she had some input in money matters.

"I also told Wade that millions of women in this country earn more than their husbands and that it was important for him to look beyond his financial status to other ways of feeling successful. I told him he should take pride in the warm way in which he related to his daughters. Wade was pleased and willing to broaden his definition of quality time to include not just the bike riding and reading but also the joy of being involved in the day-to-day care of his children.

"He has since begun to handle more of the routine care for the girls, which gives Linda much-needed down time. What's more, he has also become more involved in life around the house—everything from offering to empty the dishwasher to stopping by the late-night supermarket on his way home from work. Feeling better about himself, he is more aware of Linda's feelings, remembering to thank her for buying his favorite coffee, reaching over and giving her a back rub and a kiss after the girls are tucked in.

"Though Wade still works long hours (recently he received a well-deserved promotion), he has become so much more considerate of Linda that her anger has dissipated. Now if something does bother her, she tries to talk with her husband about it in a calm, reasonable tone instead of nagging or being confrontational.

"During one session, we also talked about Linda's goals and her own feelings of self-confidence. Committed though she is to spending the next few years as a 'full-time park-bench mommy,' she admitted to occasionally missing the stimulation of her old job. With the thought of eventually reentering the work force, she recently started to take a course one night a week at the university to brush up on her management skills. And she's made dates with some old colleagues so she can keep in touch.

"I also pointed out that it was unfair of Linda to expect Wade to read her mind—whether about helping around the house or making love. I told them that instead of arguing and being confrontational, a better way to restore the intimacy in their relationship was for them to spend time alone together—not in the bedroom, at first, but jogging or going to the theater, activities they had shared when they were dating. Once they did, they rekindled a strong affection and a satisfying sexual relationship.

"Counseling ended after six months. At their last session, Linda said, 'Wade has become so tender, so responsive. I really can't believe it.' Kissing her warmly, Wade added with a grin, 'She's not so bad, either.' I knew the basketball game would no longer be much competition." **End**

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See Page 142 for official rules and entry form.

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Getting better all the time

By Rita Seiff

In my family, looking good is a tradition. It all began years ago with my grandmother, who until her death at age ninety-five, paid meticulous attention to her looks. Each day she followed a strict regimen: exercise, beauty treatments and a natural-food diet. She always took time to make up her face carefully and attractively, and choosing what to wear was a strategic process. It didn't matter if she was staying home all day; she believed in looking her best at all times.



Looking good: Rita Seiff, her mother and her daughter feel there's nothing wrong with improving on Mother Nature.

My mother, my daughter and I admit we have had plastic surgery. After all, why shouldn't we be the best we can be?

Her great interest in beauty—as well as what I acknowledge was her abundant vanity—was passed down to my mother, who, in turn, handed it down to me. While most mothers stressed the importance of being neat and clean, my mother did lots more than that. She so influenced me when I was growing up that caring about my looks became a part of my everyday life, and I never questioned anything that would improve my appearance.

But please don't think that the women in my family are concerned about their looks and nothing else. We certainly have plenty of other interests. Besides caring for her family, my mother has been involved for years in charity work. Although I am no longer employed full-time, I do volunteer work for the Association for the Help of Retarded Children in New York City. And my daughter, Jodi—the newest member to follow family tradition—recently finished college and now works for a jewelry firm and teaches gymnastics.

But looking good is something we do take seriously. Over the years my mother and I had often joked about having a bit of plastic surgery to improve ourselves. And it was only a matter of time before our joking became reality. The family's only question was who would have it first.

That issue was finally settled eight years ago when at the age of sixty-one, Mother simply decided that she had lived long enough with baggy, heavy eyelids and began to seriously consider having a face-lift and eyelid surgery. Although plastic surgery had long been considered something only movie stars had, it was becoming increasingly popular. My mother discussed it with my father. He loved her the way she was but understood her need to look her best. And because they had enough money saved to pay for the $5,000 operation, he encouraged her to have it, if that's what she really wanted.

But first she needed to find an expert she felt comfortable with. The plastic surgeon who came most highly recommended by *(continued)*

Tom Sobolik/Black Star

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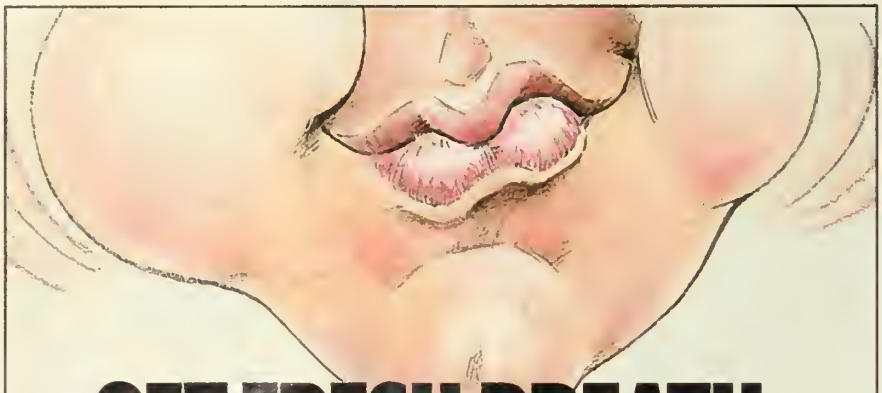


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A WOMAN TODAY
continued

patients was Victor I. Rosenberg, M.D., head of cosmetic surgery at New York Infirmary–Beekman Downtown Hospital. My mother went to see him, and he explained the operation to her step by step. No surgery can be taken lightly, but he assured her that it would be virtually painless and that evidence of the surgery would be barely noticeable. My mother was still somewhat worried about the operation; she overcame her fears when she realized that her eyelids made her look tired and drawn, and that having eyelid surgery and a face-lift would enhance her appearance.

The operation was a great success, and my mother—and my dad—loved her new appearance. It made her look better on the outside and feel better on the inside. That started me thinking, too. My greatest complaint about my appearance was my small—practically nonexistent—breasts. I was extremely flat chested, and for years I'd been teased about it. I admit I made my final decision six years ago, the night I saw the movie *10*; I was thirty-five. (I know it may sound shallow, but I'm being totally honest.) Watching Bo Derek, I thought, if she can look like that, why can't I?

When I told my husband that I wanted to get my breasts enlarged, to my surprise, he agreed completely. Although he assured me that he loved the way I looked, he admitted that my becoming a bit more "filled out" would indeed be exciting to him. So with his vote of confidence, I made an appointment with Dr. Rosenberg.

The doctor explained the operation to me. He would surgically place a breast implant (a flexible silicone envelope containing silicone gel) under my breast tissue. Dr. Rosenberg told me he couldn't guarantee me a certain breast size; he would determine during the operation how big an implant would fit comfortably under my breast tissue. He also warned me that there was a chance that one or both of my new breasts could become firm after the operation. (Sometimes a hard capsule of scar tissue forms around the implant.) Naturally, this concerned me, and I weighed my decision carefully. Eventually, I decided that feeling good about my body was worth the risk, and I elected to have the operation. It would cost $3,000, which meant that my husband and I would have to reduce our expenses for a while, but we felt we could afford the surgery. (Because it was elective, our medical insurance didn't cover it.)

The procedure took *(continued)*

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A WOMAN TODAY
continued

two hours, and I was in the hospital two days. The bandage came off after the first night; as soon as I saw my new breasts, I was ecstatic. I was suddenly a 34B, and my breasts looked and felt completely natural.

Afterward, friends told me that I exuded confidence like never before. I loved my new curves. But what I felt best about was that I had taken control over my appearance and changed something that really bothered me. And I had done it to please myself.

However, some people thought I was foolish. "How could you have gone through an operation that you didn't need?" they asked. I told them that although it wasn't a question of physical health, it was one of mental health, and mine had certainly improved.

Soon after that, a new member joined our family's vanity club. For the past few years my twenty-one-year-old daughter, Jodi, had been observing the wonders of plastic surgery. In fact, my scars had barely healed and the bills had scarcely been paid when Jodi asked if she could have a nose job. I was astounded that she would even consider it. As far as I could see, my daughter's nose was fine. But it was obvious that the bump on Jodi's nose had been bothering her for a long time. Knowing how she felt, how could I possibly say no, especially when plastic surgery had done so much for me? If a nose job would make Jodi feel better about herself, then I would agree to let her have the operation. And because she was still in college, my husband and I would do some tight budgeting and pay the $4,000 bill.

But first I wanted Jodi to understand everything the operation entailed. I made an appointment for her to discuss it thoroughly with Dr. Rosenberg. He spoke with her for two hours, explaining that he wouldn't have to do an extensive procedure; instead, he would shave off the bump and taper her nose down slightly. After their talk, Jodi was fully informed about the operation, and more important, she had realistic expectations.

Jodi's surgery was very successful. Her nose was swollen when the bandages came off, but three days later she was out dancing with her friends.

My husband and I noticed that our daughter's new nose turned around her whole way of thinking. She became happier with herself. Again I was amazed to see how much someone's attitude can change when a little bit of bone and cartilage is removed.

Now, I realize you might think we're foolish or vain for deciding to have plastic surgery, but my mother, my daughter and I are not the only ones who have made this choice. According to the American Society of Plastic and Reconstructive Surgeons, the number of cosmetic surgical procedures performed rose 61 percent from 1981 to 1984. Like us, approximately half a million other people have come to the conclusion that it's okay to improve your looks if you can.

And now, although mother, daughter and granddaughter are all very happy with the way they look, I have a feeling there's more plastic surgery in our future. In fact, my mother is thinking about getting a second face-lift, and I've been contemplating having a tummy tuck. Maybe we'll do it, and maybe we won't. As long as we're informed about the surgery and don't expect it to completely change our lives, we feel there's nothing wrong with doing everything we can to look our best. **End**

Cosmetic surgery: facing the facts

Cosmetic (or oesthetic) surgery is the bronch of plostic surgery designed to improve o person's oppeoronce by reshoping the foce or body. (Plostic surgery is olso done to improve physicol function or to minimize scorring or other disfigurement from occidents, diseose or birth defects.) Like ony surgery, cosmetic operotions involve risks, so it's vitol thot prospective potients be fully informed obout the procedure they're considering, ond that they find o quolified surgeon.

For referrols on plostic surgeons in your oreo, you con coll the Americon Society of Plostic ond Reconstructive Surgeons ot 800-635-0635 (in Illinois, 312-856-1834). They will provide you with the nomes of ten surgeons certified by the Americon Boord of Plostic Surgery. If you're considering fociol surgery, you con olso contoct the Americon Acodemy of Fociol Plostic ond Reconstructive Surgery ot 800-332-FACE for the nomes of the ocodemy's boord-certified fociol cosmetic surgeons. Both groups will olso provide you with free informotionol booklets.

After you've found o quolified doctor you feel comfortoble with, schedule o consultotion. Discuss your expectotions of how you will look ond feel ofter the operotion, ond keep in mind thot the result you ore oiming for is improvement, not perfection. Dr. Rosenberg, the Seiffs' cosmetic surgeon, odvises thot you osk your doctor to exploin the operotion to you in detoil, including the omount of recovery time, poin, swelling ond discolorotion; the locotion of ony scors; ond the risks ond possible complicotions ossociated with the surgery. Be sure to olso find out the exoct fee for the procedure ond whot thot price includes.

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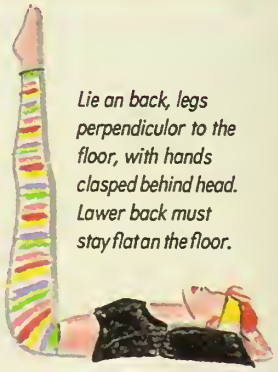
Are you thirty or over and think you've got what it takes to be a professional model? Then why not go for the opportunity of a lifetime? *LHJ*, Dove Beauty Bar and Faces Model Management, a top New York modeling agency, have teamed up to conduct the second annual Dove Classic Model Discovery Contest. Five regional winners will be chosen, and each will receive a $500 "Day of Beauty" in her area and a four-day trip to New York City, including a visit to Faces for career counseling. If you're the grand-prize winner, you'll receive a fabulous $5,000 designer wardrobe from Louis Dell 'Olio for Anne Klein Company plus a $25,000 cash prize and a one-year contract with Faces.

Last year's winner is Dee Penna (above), a forty-seven-year-old marketing representative and mother of three, from Flossmoor, Illinois, who was chosen over six thousand other contestants. "I never enter contests," she says, "but this one was so easy!" Dee's family is equally thrilled; her college-aged twins are so proud of their model mom that they hung up her picture in the hall of their Notre Dame dormitory. How does Dee feel about starting a modeling career at age forty-seven? "It's exciting," she says, "and it's terrific that women in their forties can be considered a standard for beauty." For rules and entry form, see page 142.

Best swimsuit sleekener

THIS EXERCISE WILL BLAST BATHING-SUIT BULGES, UP POOLSIDE CONFIDENCE

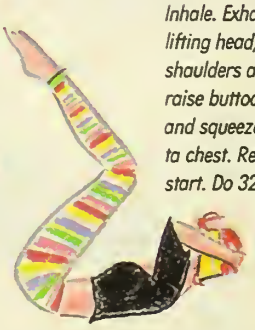
1



Lie an back, legs perpendiculor to the floor, with hands clasped behind head. Lawer back must stay flat an the floor.

David Croland

2



Inhale. Exhale, lifting head, chest, shaulders as yau raise buttocks and squeeze knees ta chest. Return to start. Do 32 reps.

Exercise designed by Randi Blanco, Raspberry Fitness Center, NYC

summer specials

You'll be right on track with Revlon's Roux Fanci-Full Color Splash alcohol-free color and styling gel—it comes in eight exotic wash-out-instantly shades; $3.98. ■ Get complexion perfection from Coty's Oil Free Makeup With Astringent—smooths skin, beats the greasies and minimizes pores, too; $4.50 for one ounce. ■ To warm up your smile all month long, try Cover Girl's Continuous Color or Luminesse lipsticks in eight new "Shades of a Summer Sunset" colors; $3.25.



To your health.

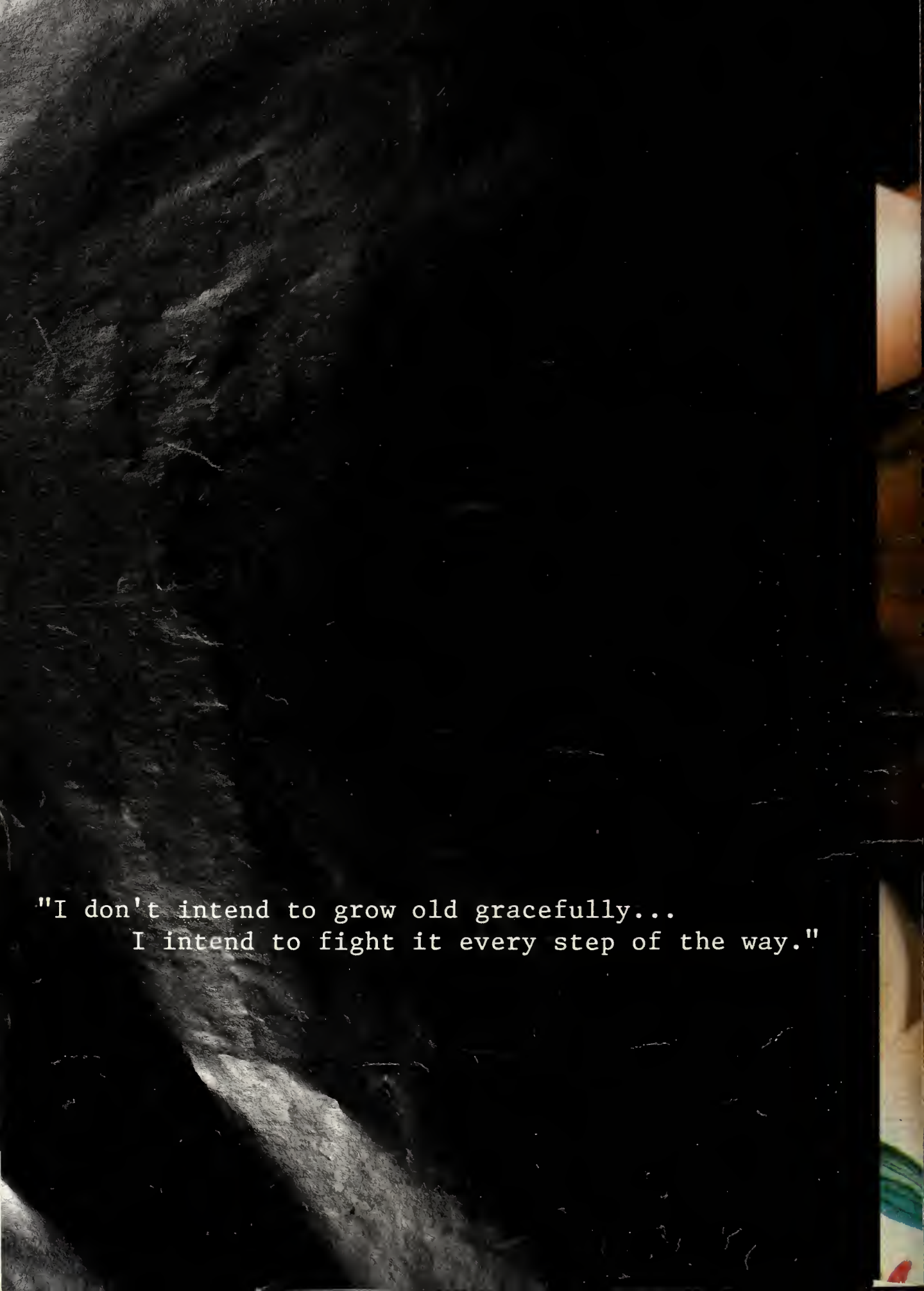
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Tony Kent

Climate-control looks

FOOLPROOF WAYS TO GET MAKEUP TO STAY PUT

Summer's high temperatures and sticky humidity inevitably cause messy makeup meltdown. How ta stay looking cool when it's hat? Just fallow our savvy tips far surefire all-day freshness.

■ Always start with water-based ar oil-free faundatian (ane that cantains ail-absarbing ingredients such as clay ar zinc axide) ta give skin a matte finish. Try Maybelline's Shine Free Oil Cantral Make-up.

■ Next, whisk an loose transparent powder—key far making makeup heatproof. Pay attentian to eyelids, nose, well af chin, farehead; buff ta avaid a powdery look. Use an ail-absarbing pawder such as Caty's Carrectives in Translucent Sheer ar Almay's Shine-Free Blatting Pawder.

■ Pawder-based compact foundation is an alternate salution that holds up under heat. Here's how: Dampen a sponge and use it to smooth an a light layer af faundation all aver, then smaath mare an aver ail-prane areas with a dry spange. A good bet: Revlan's Skin Balancing Powdercreme Makeup.

■ Depend on powder blush for no-smear cheek color. Brush on between thin layers of loase pawder.

■ Be sure ta use an eyeshadaw base to keep calar true, prevent smudging. We like Visible Difference Eye-Fix Primer by Elizabeth Arden. For na-fade color, smooth on pawder eyeshadow with a damp sponge, then apply more of the same shadow with a dry brush. Or try a water-resistant cream shadow such as Borghese's Lumina Eyecalour Mousse.

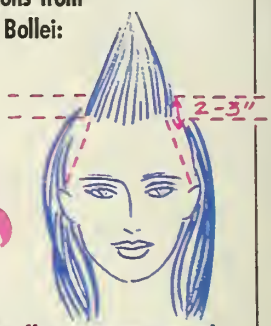
■ For a fresh, just-applied look in eye makeup, ga far the new liquid liners (in markerlike pens or brush-an wands). Pair with waterproof mascara. We like Ultima II's Advanced Formula Waterproof Mascara For Sensitive Eyes.

■ Layer on lip products far maximum halding power. Pawder lips or smooth an a lip fixer or waxy balm (Blistik is a good chaice), then line lips carefully and fill in with a lip pencil. Apply same calor lipstick and blot with a tissue. Powder lips lightly again and reapply lipstick.

Hair by Mark Garrison/Xavier Moreau; makeup by Amy Sacco/Xavier Moreau; model, Caroline Ellen of Click; glasses, Cacharel for Logo Paris; scarf, Echo.

HOW TO CLIP YOUR OWN BANGS

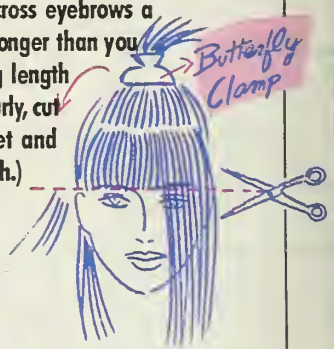
Create a new hairstyle that's a cut above the rest by snipping in flirty bangs. Here, easy do-at-home instructions from pro hairstylist Gerard Bollei:



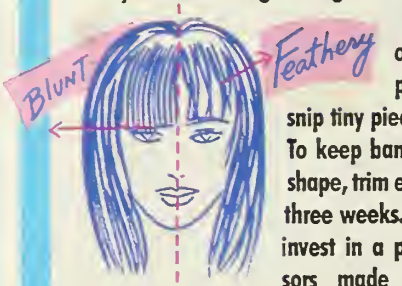
READER TESTED

1 **Section off a triangular strand of hair, using brow as your baseline; the apex should be two to three inches back from center of hairline. Pull rest of hair back.**

2 **Clip up triangle section. Comb down a thin layer at hairline and cut straight across eyebrows a half inch longer than you want bang length to be. (If hair is curly, cut hair while it's wet and allow an extra inch.)**



3 **Comb down and cut three more layers, using the first as a guide. If you prefer feathery bangs to blunt cut, trim this way instead: Hold each layer at a 45-degree angle from face and, using the tip of scissors pointed up, snip tiny pieces at ends. To keep bangs in great shape, trim every two to three weeks. Be sure to invest in a pair of scissors made specifically for cutting hair. Revlon's Care for Kids Baby Care Styling Shears are perfect for bangs.**



David Croland

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do it!



l of Olay. Amazing. And still ahead of its time.



After falling in the family swimming pool, two-year-old Kimberly Ryan was clinically dead. But her parents refused to give up on her. Could their love, courage and determination bring about the greatest miracle of all?

COMING BACK TO LIFE



Bob Foothorap/Black Star

Today, Kimberly Ryan is a happy, healthy ten-year-old. Her parents, John and Maureen, call her miraculous recovery "a great gift."

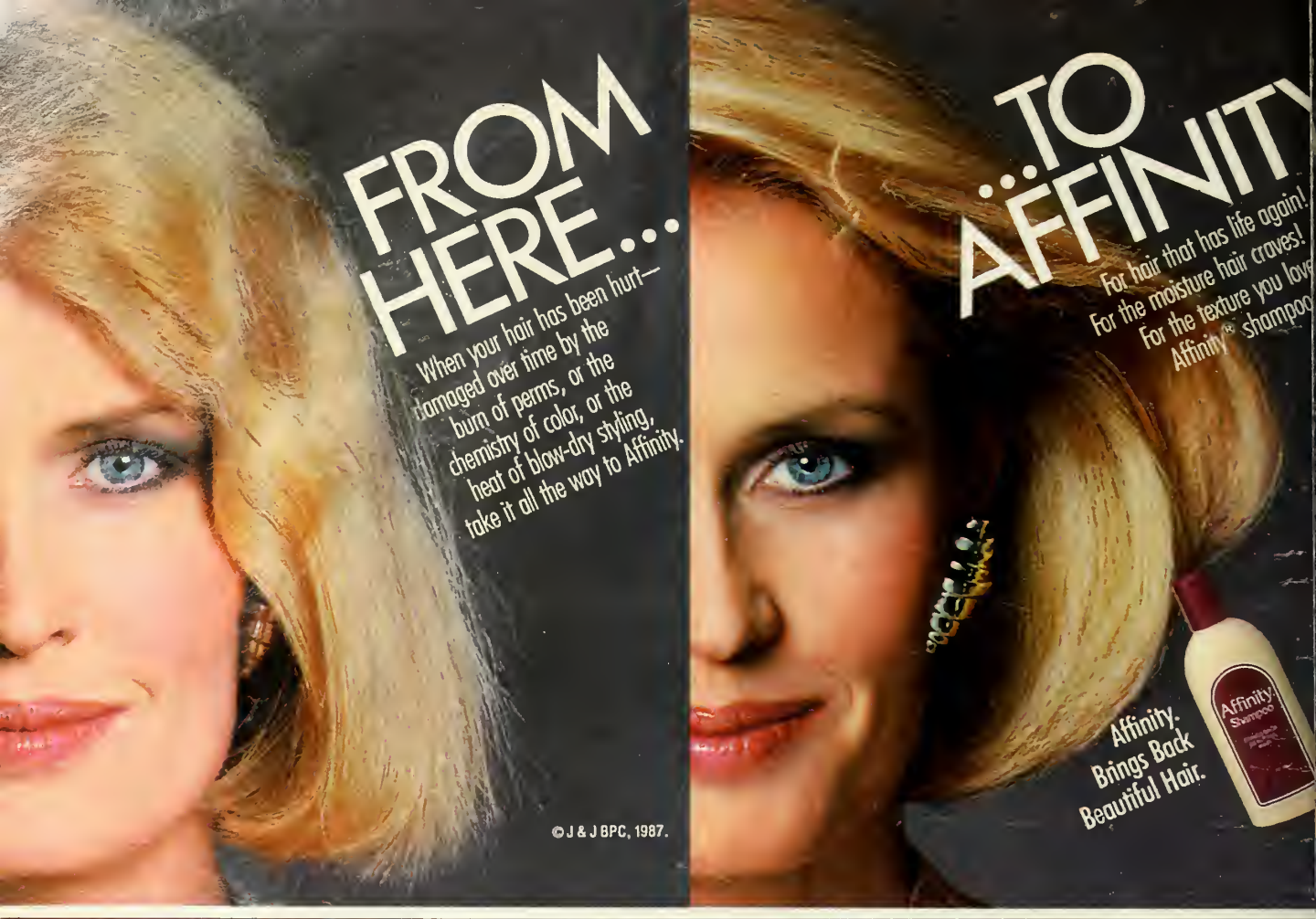
By F. Milene Henley

April 20, 1979, began ominously for John and Maureen Ryan. That morning, when John went into the kitchen of their San Jose, California, home, he noticed that the back door, which led to the family swimming pool, was unlatched. Immediately concerned for the safety of their two-year-old daughter, Kimberly, he closed the door and latched it. "Suddenly I had this fleeting vision of Kimberly in a shroud," he recalls. "It was eerie, and it upset me so much that I yelled at Maureen for leaving the door open."

Later that morning, after John, a general surgeon, went to work, Maureen and Kimberly planted flower seeds in the backyard. While Maureen watered the seeds with a hose, Kimberly watered with her Raggedy Ann cup. When they were finished, Kimberly didn't want to go back into the house. But Maureen, a registered nurse who worked in her husband's office, had to *(continued)*



Shown much smaller than actual size of 23" in height.



BACK TO LIFE
continued

get to work. They went inside, and Maureen latched the door behind them. As she did so, she noticed that the door was not hanging correctly on its frame and didn't latch as well as it should. "But Kimberly had never been able to get it open, so I didn't worry about it too much," says Maureen.

A few minutes later, the phone rang. While Maureen answered it in her bedroom, where she was getting dressed, Kimberly, who apparently wanted the morning's fun to continue, managed to force open the back door and went outside. She probably knelt by the pool to get some water in her Raggedy Ann cup to water the seeds. As she did so, she lost her balance.

Maureen recalls that she was on the phone for about seven minutes. After she hung up, she went to look for Kimberly and discovered that the back door was wide open. She ran outside but could see no sign of her daughter. Then she spotted her: a small form, lying at the bottom of the pool under eight feet of water.

"At first I couldn't believe it," Maureen says. "Then I realized what had happened." Having been trained in lifesaving, Maureen acted instinctively. She plunged into the cold pool, pulled her daughter out and began screaming for help. She lay Kimberly on the grass and began to administer cardiopulmonary resuscitation (CPR).

"I was in shock," says Maureen. "It was as if my whole body had stopped."

But when Kimberly didn't respond to the CPR, Maureen began to panic. She picked up her daughter and ran into the house to call for an ambulance; then she called John's office.

"All the while, I kept doing CPR," Maureen says. "I was convinced Kimberly was dead, but I was trying to get her to come back to life."

Within minutes, the fire department arrived and took over from an exhausted Maureen. John got home as paramedics were loading Kimberly into the ambulance. Her skin was blue and her pupils were fixed and dilated; she had no blood pressure and no heartbeat. John stalked up to the front door where Maureen stood crying and demanded, "How could you let this happen to my daughter?" Then he got back in his truck and followed the ambulance to the hospital.

John was enraged, but he was also scared. "I'd been in two wars, and I'd never felt like that before," he says.

At Good Samaritan Hospital John ran into the trauma room, where a medical emergency team had starte to work on Kimberly. "Can I help?" h asked. The doctors had already insert ed a tube into Kimberly's trache (windpipe) and had hooked her up to respirator. They were also giving he medication through an IV. Joh helped put in a second IV and assiste with cardiac massage (rhythmic mas sage or compression of the heart t restore heartbeat). While the doctor worked, the nurses brought blanket and warmed intravenous fluids t raise Kimberly's body temperature which had dropped to below eighty de grees. Because the temperature of th pool water had been only sixty-two de grees, it had chilled her tiny body be low its normal temperature.

It took more than forty minutes i the trauma room before Kimberly' heart finally began to contract weakl and intermittently. When her tem perature reached eighty-one degrees few minutes later, the doctors decide to shock her heart into beating nor mally on its own. After the thir shock, her heart responded.

Meanwhile, a friend had driven Mau reen to the hospital. There, numb wit grief, and suffering from hypothermi from her own plunge into the cold pool she was taken to another treatmen room and swathed in blankets.

onvinced that her daughter was
d, Maureen was astonished to hear
t the doctors had gotten Kimberly's
rt to beat. But as a nurse she knew too
ch to be optimistic. "I had a feeling
n wouldn't make it," she explains
, "and I was convinced that even if
did, she would be a vegetable."

Hoping against hope

ording to the doctors, Kim's
nces of surviving were slim, and it
even less likely that she would
vive without brain damage. "Be-
se she had gone more than forty
utes without a heartbeat, her pros-
ts were guarded at best," says
n Lenahan, M.D., one of
doctors who worked on
n in the trauma room.
ronically, the lowering of
n's body temperature was a factor
t worked in her favor. In most
es, brain death from a lack of oxy-
is likely in approximately five
utes. But in water of less than sev-
y degrees, the body often responds
shutting off blood flow from all but
most important organs—the heart,
lungs and the brain—so that the
le available oxygen can be sent
ere it's most needed. Cold water
perature also slows the metabo-
n of the brain, which decreases the
ount of oxygen it needs and reduces
likelihood of permanent brain
nage. This biological response is
st pronounced in young children,
ther advantage for Kim.
Still, Kimberly's condition was so
ical that the doctors at Good Samar-
n had her transferred to the pediat-
intensive care unit at Valley Medi-
Center, a teaching hospital in San
e affiliated with Stanford Universi-
She was also put into a cold coma,
ich the doctors induced by giving
large doses of barbiturates and
vering her body temperature. The
rpose of the treatment was to slow
metabolism of her brain once
ain, in order to minimize brain dam-
e during the early recovery period.
e procedure itself involves risks—it
cause brain damage—and is under-
en only when the likelihood of
ain damage without treatment is
en greater.
At home that night, Maureen and
n scarcely spoke to each other. Mau-
en cried alone, venting the pain
e'd held in all day. John agonized
er his daughter's accident. "I kept
ndering why I hadn't fixed the back
or or put a fence around the pool.
d I kept thinking how impossible
e situation seemed. One day Kim
d been running around perfectly
rmal, and suddenly she's on a respi-
tor, barely alive. I felt like we'd al-
ready lost her, like she was dead."

For the next two weeks, Kimberly remained in an extremely critical state. She developed Acute Respiratory Distress Syndrome (ARDS), a serious condition in which the lung membranes fill with fluids and the lungs can no longer function correctly. The Ryans knew that the ARDS alone could kill her; its survival rate is 50 percent. James Rushing, M.D., then chief of respiratory medicine at the medical center, began to treat the ARDS with diuretics to dry out Kim's lungs, antibiotics to fight infection, muscle relaxants to help her breathe, and oxygen.

The doctors were also still very worried that Kimberly would have massive brain damage. Survivors of near drowning are often left so severely brain damaged that they need constant care for life.

And no one knew exactly how long Kimberly had been under water. Maureen believed it couldn't have been more than seven minutes, but John, judging by Kim's medical condition, felt it had been at least fifteen minutes. The difference between the two times could mean the difference between brain life and death.

The neurological team that assessed Kim's condition in the first two days after the accident concluded that she was severely brain damaged. But John wouldn't listen. "It was just too early to be sure," he explains. Additional tests he requested were inconclusive. "But at that *(continued on page 150)*



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NEWS FOR PARENTS

By Mary Mohler

Save a life

Sometimes only the quick and determined action of bystanders separates a near drowning from a tragedy. (See "Coming Back to Life," page 34.) If you haven't already taken a course in cardiopulmonary resuscitation (CPR), call your local Red Cross office to arrange for it. (Hands-on training is essential because a child's bones can easily be broken by an untrained rescuer during cardiac massage.) If you do not have CPR training and you witness a near drowning, follow these instructions from the Red Cross (for children aged one to eight years). • Assess responsiveness. *Gently* shake child and call his name. If child is unconscious, shout for help and have whoever responds call 911. Place child on his back on flat surface; open airway using head-tilt/chin-lift technique: Place one hand on child's forehead; with index and middle fingers of other hand, lift up on bony part of jaw under chin (don't press on soft tissue under chin as you may block airway). Maintaining open airway, place ear near victim's mouth and watch, listen and feel for breathing. • Assess pulse and breathing. If victim is not breathing, begin by giving victim two full, *slow* breaths, making sure child's nose and mouth are properly sealed (pinch nose shut with one hand and make sure your mouth covers victim's so no air escapes). Watch chest rise after each ventilation and allow for deflation after each breath. (If breath should resume here or at any other point, maintain airway but don't attempt further rescue breathing—to do so will interfere with victim's recovery.) Now take pulse in carotid artery (on side of neck) for five to ten seconds. By this time, your helper should have 911 on the line. (If not, make the call yourself at this point.) If victim has no pulse, get someone at 911 to talk you through CPR. • Begin rescue breathing. Maintaining airway, and with victim's mouth and nose properly sealed, give one breath every four seconds, making sure chest deflates after each ventilation. Continue for one minute (fifteen breaths). • Reassess pulse and breathing, making a mental note of any change. Continue cycles of rescue breathing and assessment. Do not stop rescue breathing until an ambulance or someone with CPR training arrives, no matter how futile the situation seems.

TOOTH OR CONSEQUENCES

It's two A.M. and your four-year-old has just awakened, crying, "Mommy, I have a toothache." Another sleepless night? Not necessarily.

First, says Dr. Michael Goldstein, spokesman for the Academy of General Dentistry, make sure you don't have a real emergency on your hands. If your child has a fever and the area around the tooth is very swollen, do not hesitate to call your dentist immediately.

If it's not an emergency, give your child children's aspirin or acetaminophen. Do not under any circumstances place aspirin directly on the tooth or gum, cautions Goldstein. It has no pain-relieving effect whatsoever, and it can cause extreme damage to gum tissue.

Also helpful are over-the-counter gels for toothache relief (Anbesol and Ora- el are two). Their active ingredients are benzocaine and eugenol (commonly known as oil of cloves). If you don't have a tube of this ointment handy, you might try dipping a cotton swab in oil of cloves and applying it to the tooth and surrounding area. Warm salt-water rinses may also be soothing.

Less certain, but worth a try: ice packs or a heating pad. In spite of the apparent contradiction, either may be effective, depending on the source of the problem.

Finally, do not fail to see the dentist the next day, even if the pain has subsided by morning. And, notes Goldstein, contrary to football strategy, the best offense for a toothache is a good defense: If a child sees a dentist at appropriate intervals from the age of two and follows a regular dental-hygiene program, she probably won't get toothaches in the middle of the night.

creative kids



Too often, parents believe that they need some special talent of their own or some expensive tool to spark and nourish a child's creativity. Not so, say the real experts—kids who grew up to become famous for their creative endeavors. Here are the simple things that fired the imaginations of five famous people. **David Byrne**, musician and video artist, was simply given time and space in the family basement to paint and make a mess "and just do things all day." The mother of **Jim Henson** gave him her old green spring coat, from which he made his first puppet. With it, he won a contest, which led to a local TV appearance . . . and ultimately to Kermit and the rest of the lovable Muppets. **Cloris Leachman's** mom got down the faded living room drapes and let the kids use them for a canvas for their crayon drawings. Other times they'd listen to the radio, read aloud . . . or just lie back in the grass and watch the butterflies. Filmmaker **Steven Spielberg** recalls his father waking him in the middle of the night when he was six to drive to a meadow and watch a meteor shower. This spectacular event, he says, was the imaginative genesis of *Close Encounters of the Third Kind*. **Alice Walker**, author of *The Color Purple*, was the youngest of eight children of Georgia sharecroppers. The Walker household knew little luxury—but Mrs. Walker managed to see that her daughter had a sewing machine and a typewriter. "The message about self-sufficiency was clear," says Alice.



The long, lazy days of summer are ideal for letting your child's talents develop, and their projects might pay off. The Crayola National Coloring Contest, for example, will award two $50,000 college scholarships to the winners of its "Create Your Vision of the Future Contest." You can get an entry form at a local Crayola retailer or by sending a self-addressed, stamped envelope to Crayola Coloring Contest, Dept. NCC, P.O. Box 431, Easton, PA 18044-0431.

Sam Weissman

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How fighting can help a marriage

The five ways couples have it out



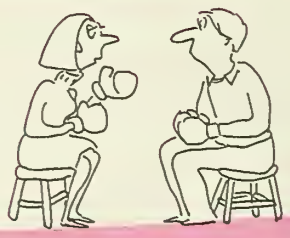
competition



avoidance



compromise



collaboration



accommodation

What keeps happily married couples together year after year? They know the secret of good fighting: They fight for their marriage instead of against each other

What do happy couples have in common? In our study of three hundred very special couples from around the country who have been married fifteen years or longer and who were happy and fulfilled in their union, we discovered a fascinating fact. These couples do not lead conflict-free lives. Like everyone else, they fight, get on each other's nerves and, at times, may even consider divorce.

We learned a lot about how good marriages work, and you can use this information to make your marriage work better. These couples know something many other married people don't. They realize that although conflict has a bad reputation, it is an important element in marriage. They *(continued)*

From TILL DEATH DO US PART, by Jeanette C. and Robert H. Lauer. Used with permission of the Haworth Press, Inc., New York, NY, the owner of the copyright.

By Jeanette C. Lauer, Ph.D., and Robert H. Lauer, Ph.D.

Arnie Levin



Babies need baby food.

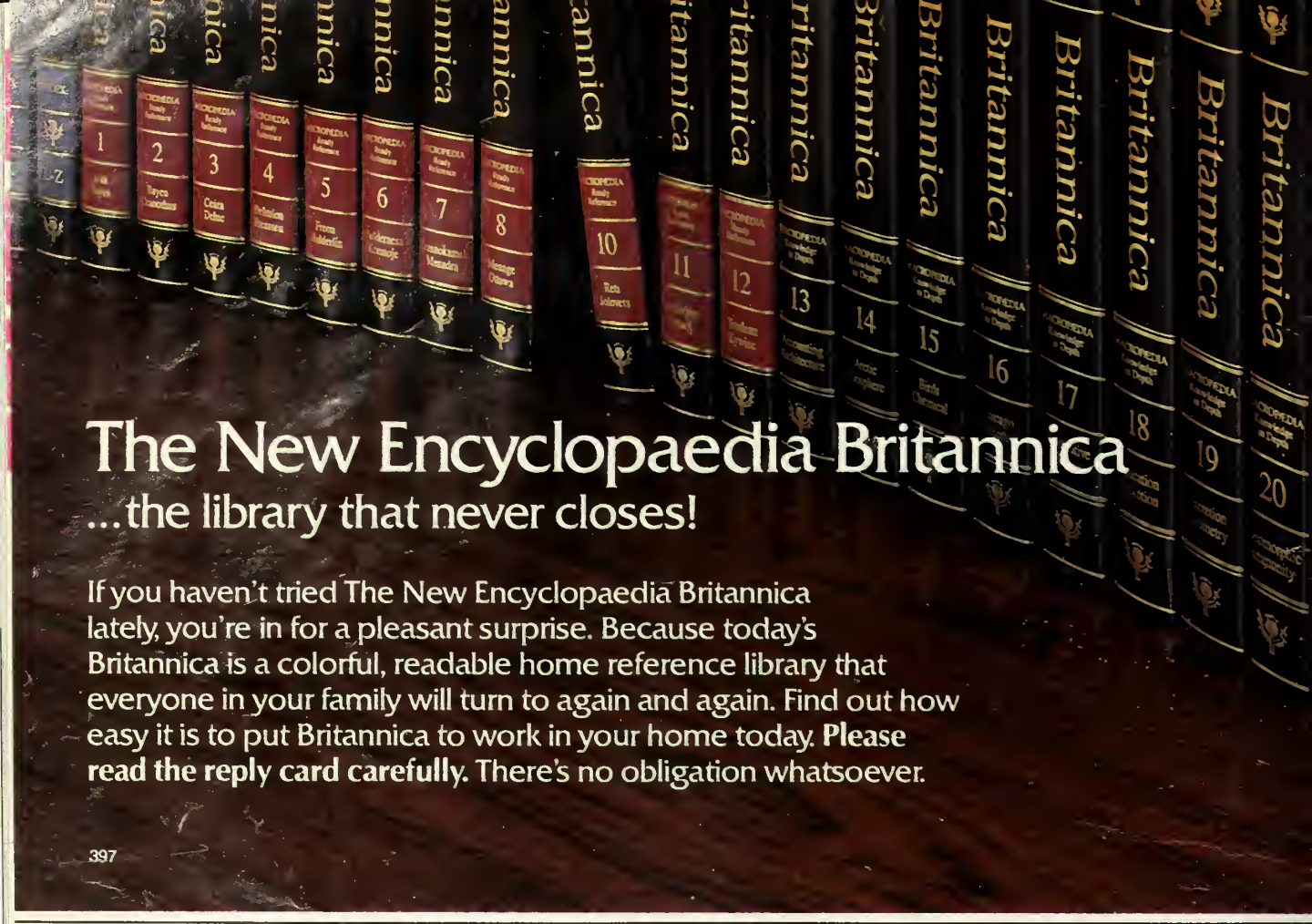
Cat food is fine for full-grown cats. But kittens are babies. They need more nutrition than adult cats. And Purina® Kitten Chow® brand dry kitten food has all the extra nutrition kittens have to have. Remember, cat food is for cats. But babies need all the extra help they can get.

Purina Kitten Chow. Don't treat your kitten like a full-grown cat.

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FIGHTING & MARRIAGE
continued

have learned the art of good fighting.

Before we look at what that means, we need to see how these couples have turned fighting into a positive force in their marriages.

What makes these couples different? Do they fight about different things? Surprisingly, the answer is no. Sociologists Robert O. Blood, Jr., and Donald M. Wolfe surveyed more than seven hundred couples and found that almost all fought about the same issues: money, children, recreation, personalities, in-laws, roles, religion, politics and sex—in that order.

The first five areas of conflict are familiar sources of friction. But role problems—questions about who does what around the house—affect an increasing number of couples as more women enter the work force. The typical pattern is for working women to retain primary responsibility for the house and children. Even men who encourage their wives to work do not always accept equal responsibility for household matters. Many women are unhappy with such an arrangement, which leads to disagreement.

The issues that people fight about are not the same at all stages of their relationship, nor is the frequency of fighting likely to remain constant. We found that couples in the honeymoon phase disagreed primarily about personality differences—the various types of behavior that spouses find irritating or upsetting in each other. They also argued about how to spend their free time. Conflict over money was most common for those married longer, but financial disagreements abated over time. In fact, less conflict of any kind was found among couples in the later phases of marriage.

Couples in long-term happy marriages went through these stages of conflict, too. What makes these enduring couples different is that they know the importance of confronting their problems head-on. One telling statistic demonstrates this fact. When asked how often one of the spouses leaves the house after a fight, 92 percent of the people in happy marriages said they rarely or never leave, compared with 36 percent in unhappy marriages. Thus, the first principle of conflict is not to run away from a fight—view it as a challenge to overcome, not as a sign of deterioration.

You can both win

One of the benefits of dealing with conflict is that it prevents the smoldering resentments that can erode a relationship. One woman we spoke to readily acknowledged that she and her husband had disagreements. "Of course we do," she said. "Our marriage is worth fighting for."

Some marriage counselors have pointed out that many couples who come to them do *not* engage in conflict. They avoid fighting, which, ironically, weakens their union.

Obviously, not all fighting is good fighting. Conflict *can* kill a marriage. Most people think of conflict as a win-lose situation—one person beats the other. But there are two other types of conflict besides the win-lose outcome: win-win and lose-lose. We've all seen or felt the effects of a lose-lose fight: each side comes out feeling demoralized and defeated. Nothing is gained. But in a win-win situation, in which creative solutions to problems are developed, both parties emerge feeling strong and unified. People in long-term happy marriages have learned how to engage in win-win conflict.

For example, Sandra, married for twenty-seven years, explains: "We have found that when we have opposing viewpoints, we discuss each other's ideas and let the subject rest a while. We think it over. Many times we have found that each of us had persuaded



other to accept our point of view. w it's not my idea versus your idea. *our* idea." In an exchange like this, h partners come out ahead.

What's your fighting style?

course, no single way of fighting is ful for all couples, and everyone her own personal style. Social sci- ists have identified five different flict styles.

One style is competition, which is a h concern for self and low concern others. The competitor views con- t as war; the point is to win rather n to worry about the opponent.

Another style is avoidance. Avoiders not pursue their own interests in relationship, nor do they concern mselves with the interests of oth- Avoidance can often kill a mar- ge quickly.

The third is compromise. Those who mpromise are concerned about them- ves and others. They assert them- ves but always moderate their de- nds in order to arrive at some point nutual satisfaction.

Collaborators are the opposite of iders. They have a high degree of cern for themselves and for others. us, they tend to negotiate in order find creative solutions to problems. e collaborator wants both parties in the conflict to be completely fulfilled.

Finally, accommodation, the fifth style, is the opposite of competition. Accommodators neglect their own interests so that others can be fulfilled. Accommodators will engage in conflict, but they will always go along with their partners' wishes.

Each of us tends to adopt one of these ways of fighting, but we don't always follow it rigidly. For instance, a generally accommodating person might take a competitive stance on a particularly important issue. Obviously, not all styles of fighting are conducive to maintaining a good marriage. A combination of collaboration, compromise and accommodation seems to work best.

Steve, married for thirty years, makes a conscious decision about when to accommodate and when to really fight. "We don't treat every incident as a disaster," he says. "I will fight only if I feel the issue is worth it. If a disagreement comes up over, say, something like whether we should buy some new furniture, I tell my wife to go ahead even though I may not feel we need it. Sometimes I give in and sometimes she gives in. We just feel that most disagreements aren't as important as our good relationship."

Of course, conflict over trivial matters may mask deeper problems. But the happy couples in our sample save their fighting energy for the issues they know are really important.

When to fight

Comedians, politicians and lovers all know the importance of timing. Our respondents also make canny decisions about when and how they will deal with their disagreements.

Most said it pays to wait before having it out. Couples should not try to solve their problems while they are very angry. "Take time to cool down," advised one woman.

Sometimes a fight is simply inappropriate: for example, the wife who criticizes her husband's appearance just as they are walking into a party, or the husband who tells his wife off in front of their friends. It's worth it for both partners to give some thought to the problem at hand before they jump into an argument.

The art of communicating

Simply talking is not enough. Those in enduring marriages emphasized two qualities of communication important to conflict management. The first is reciprocity. Communication must involve speaking and listening carefully. It is *(continued on page 144)*

WHAT'S HOT COMEBACKS



Bonnie Schiffman/Paramount Pictures

Frankie and Annette: back to the beach



Photoplay Archives/LGI

After twenty years, there's a new beach blanket bonanza that's as bright as the summer sun

By Eric Sherman

Remember the days when boys were boys, girls were chicks and chicks wore bouffants? When a couple of kids named Frankie and Annette made campy beach movies that were as much a part of summer as surfboards and suntan lotion? Well, guess what. Surf's up again.

After more than twenty years, Frankie Avalon and Annette Funicello have gotten their bathing suits out of mothballs for *Back to the Beach*, the "beachquel" that washes ashore at movie theaters at the end of July. Finally, the question that's been on everyone's mind since the last of the five beach movies in 1965 can now be answered. What happened to America's teenage sweethearts? Brace yourselves: They've become—gasp—ADULTS! In the new movie, they even have two kids of their own, and they live in Ohio, where Frankie owns a car dealership. They've become middle-aged and middle-class in middle America. Frankie, say it ain't so!

"We knew we couldn't turn the clock back to the way Annette and I were before," says Frankie, who is now forty-six, and the father of eight children in real life. "The old beach movies were basically simple—boy meets girl and has fun on the beach. Now, boy has already met girl and married her. This is a far more contemporary and sophisticated movie."

Frankie and Annette are the first to admit that their old beach pictures were not exactly high art. Shot in three weeks each on a Hollywood set, they were *(continued)*

A Sparkling Tribute to Ballet's Most Memorable Heroine



Shown actual size

Juliet

by Eugene Daub

For centuries, the love story of "Romeo and Juliet" has stirred the emotions of millions. Now "Juliet," as portrayed in the famed ballet, has been captured in exquisite hand-crafted porcelain, dreamily anticipating the arrival of her Romeo.

Created from a master sculpture by American artist Eugene Daub, the craftsmen of the renowned Maruri Studios have painstakingly hand-painted "Juliet" with rich and generous touches of 24K gold. As an owner of "Juliet," you will be privileged to acquire all issues in a collection of eight ballet figurines, but you may cancel your subscription at any time. Each will be accompanied by a numbered Certificate and will be available according to a convenient payment plan.

Furthermore, you may acquire "Juliet" and every figurine in *The Splendor of the Ballet* Collection at no risk. The Hamilton Collection 100% Buy-Back Guarantee assures that you may return any figurine for a full refund within 30 days of receipt.

Experienced collectors know that fine figurines on performing arts themes often increase in value on the secondary market. Because of this and the captivating beauty of "Juliet," as well as the superb craftsmanship of Maruri, demand is expected to be strong, and a sell-out of the edition of just 15,000 could occur. Thus, it is important that you respond promptly!

Respond By: July 31, 1987

Limit: One collection per subscriber

Please accept my order for *The Splendor of the Ballet* Collection, eight figurines by Eugene Daub, to be shipped every fourth month beginning with "Juliet." The price for each figurine is $95.00 (plus $2.88 shipping and handling), payable in four equal installments. I prefer to pay the first installment of $24.47* for my first figurine as follows: ☐ Check or money order enclosed.

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***FL residents add $1.23 and IL residents add $1.72 for tax.** *All orders must be signed and are subject to acceptance. Please allow 6 – 8 weeks for delivery. Deliveries made only to U.S and its territories.*

The Hamilton Collection

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WHAT'S HOT COMEBACKS

about as authentic as cotton candy from a box. What do you expect from a paltry budget of $300,000—much of which probably went toward hairspray to keep Annette's chiseled coif in place.

"Oh, my God, when I look at those movies now and see my hair . . . " says Annette, now forty-four, shuddering. "It never moved. The wind would blow, and every hair stayed in place. Even when I'd go in the water, my hair never got wet. We're not talking real life here."

What did become of Frankie and Annette in real life? The two remained good friends (Avalon is godfather to Annette's seventeen-year-old son), though they followed different careers. Annette went into semi-retirement in the seventies to concentrate on her husband and their three children. The scripts continued to come, but she turned most of them down.

"I'd receive scripts where I'd be cast as a hooker," she says. "Many people seemed intent on changing my image. But I'd politely tell them I wasn't interested."

Meanwhile, Frankie concentrated on his faltering music career. Unable to adapt to the new sounds that followed the Beatles, he stopped recording. "I still went on the nightclub circuit, but sometimes there wouldn't be more than forty people in the audience," he says.



Photoplay Archives/LGI

Still beach buddies after twenty years

But when a wave of nostalgia hit a few years ago, Avalon's concerts became sellouts again, and he decided to make another beach movie. Was Annette interested? You bet she was.

"For years, people would stop me and ask, 'When are you and Frankie going to make another movie?'" she says. "I thought it was about time."

Now that filming is over, Annette is again spending time with her family. Today, as she relaxes in her Los Angeles home, her son comes bounding into the room and heads for the door.

"Where are you going, honey?" she asks.

"Out to the beach, Mom."

Some things never change.



Douglas Kirkland/Sygma

LIZA BATTLES BACK

She's onstage again, and stronger than ever

If you want to know about comebacks, talk to Liza Minnelli. As a child, she watched her mother, Judy Garland, make several during her brilliant but troubled career, before finally succumbing to drugs and despair. Faced with a similar fate, Liza recently started a comeback of her own, but with one happy difference—Liza insists she's permanently broken free of the grip of alcohol and Valium. And now her career is in high gear again, with a new movie (her first in six years), an album and a concert tour all due soon. "I feel higher now without the alcohol and chemicals than I ever did when I was using them," she says happily. "Being in control of your life is a wonderful feeling."

It was only three years ago that Liza *(continued)*

THIS SIDE OF THE FLOOR IS DRY.

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NEW MR. CLEAN

WHAT'S HOT COMEBACKS

realized she had lost control. She had just separated from her third husband, sculptor Mark Gero; she had miscarried for the third time; and her addiction was clouding her life. With her nerves frayed and her health teetering, she realized that she could no longer go on. "I was just a lump," she says now, "a hopeless, miserable lump."

She voluntarily checked into the Betty Ford Center, where she learned not only to give up her dependency on drugs and alcohol, but also, with her head cleared, to finally come to terms with the death of her mother. "I had never had the time—or taken the time—to mourn her or really bury her, the sort of burial that doesn't take place in the ground but rather in the spirit," Liza explains.

With a new perspective on her own life, Liza seemed reborn. She and Gero got back together again ("My marriage now is so good, it's stupid," she says), and after a short break, she kicked off a grueling, yearlong comeback tour. "It was easy for me to go back onstage," she says, "because it was always the place I felt safest. It was real life that had scared the hell out of me."



M. Paganelli/LGI

Liza throws herself into her concerts—belting out songs with remarkable energy

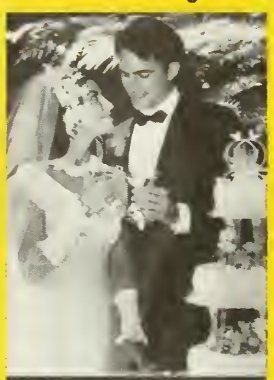
Liza Minnelli isn't scared anymore, and she's even willing to take some chances. So what if she raises eyebrows by playing a call girl in her upcoming movie *Rent-a-Cop*, with Burt Reynolds? Who cares if people are surprised by the fact that she's singing rock on the album she's cutting, which is being produced by—are you ready for this?—Gene Simmons of the heavy metal group Kiss. "I love rock," she says. "I've just never sung it, because nobody asked me. I don't think I've scratched the surface of what I can do."

No matter what happens with the album, expect Liza to remain busy doing movies and concerts. After all, what good is sitting alone in your room when life is a series of cabarets and sold-out performances?

"To rest on your laurels is like getting arthritis," Liza says. "Now I feel like there's nothing I can't do."

Comebacks of the year

TRADITIONAL WEDDINGS Here comes the bride, here come her two hundred guests. Until recently, big weddings were deemed old-fashioned. But then Princess Di did it, and Fergie followed suit . . . and suddenly every bride-to-be dreamed of a long gown and a large reception. Who makes those dreams come true? Usually the bride's parents, who have to foot the bill. The average formal wedding today costs $10,385.



Ronnie Kaufman/The Stock Market

THE MINISKIRT It's back, and the thigh's the limit. This fall, all the major designers will offer the largest collection of above-the-knee skirts since the sixties. Who has the miniest mini? The Perry Ellis label, which features wrap skirts that are just nineteen inches long. Now, that's our idea of a miniskirt.



Dana Buckley

SNOW WHITE Hi-ho, hi-ho, it's off to the movie theater we go. To celebrate the fiftieth anniversary of the movie *Snow White and the Seven Dwarfs*, Disney Studios is rereleasing the classic for a new generation of children . . . and adults. These days, Snow White and her significant other, Prince Charming, even have a TV sitcom (ABC's *The Charmings*). Okay, quick—can you name all seven of the dwarfs?



PIGGING OUT Until recently, Americans sacrificed taste for nutrition, sweets for good sense. Now, real food is back in vogue. Steak and mashed potatoes. Ice creams with names we can't pronounce. Chocolate—rich, gooey and oh-so-satisfying. (For a chocolate sauce recipe that's perfection at any pig-out, see page 128). Richard Simmons, eat your heart out!



Movie Star News

Jan Cobb/The Image Bank

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Reflections of Christmas Stained Glass Ornament Collection

A glorious collection of individually cut and leaded stained glass Christmas ornaments accented with pure 24 karat gold.

For centuries, the splendor of stained glass has fascinated people the world over. In its dazzling play of light and color, there is a special magic that delights both young and old.

Now, The Christmas Ornament Collectors Club has combined the unique beauty of stained glass with the brilliance of pure gold, in a breathtaking new ornament collection – *Reflections of Christmas*.

Jewel-like ornaments... hand made by master craftsmen

Gathered together in this collection are twenty-five of the most cherished symbols of Christmas and the wintertime season – each a work of exceptional beauty. Each, too, reflecting a level of handcraftsmanship one rarely encounters in today's world of mass production.

Skilled artisans hand cut individual pieces of richly colored glass (the same quality glass found in many of the world's great cathedrals), then meticulously fit the sections together and lead them *by hand*. They are not stamped or molded as is all too often found. As the crowning touch, the leading is lavishly washed with pure 24kt gold.

The result is a one-of-a-kind heirloom ornament. An enchanting three-dimensional stained glass jewel, glistening from every angle with vibrant color – ruby reds, emerald greens – and precious gold.

Convenient to acquire, attractively priced

The *Reflections of Christmas* ornament collection is an exclusive issue of The Christmas Ornament Collectors Club. It will not be sold in stores.

Each ornament is now available to subscribers for the original issue price of $19.50 – a very attractive



Herald Angel

Poinsettia

Magi

nents shown actual size.

©OCC

, indeed, for works of such dis-
ve beauty! Moreover, this price
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ornaments will be included at
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ion. It will be provided at no additional
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ment by itself. Thereafter, you'll receive two new ornaments every other month, payable in convenient monthly installments. To order, send no money now. Simply sign and return the Reservation Application. If you wish, you may pay with VISA or MasterCard.

Of course, your satisfaction is guaranteed. If you are not delighted with any ornament, you may return it within thirty days for a replacement or refund.

Enter your reservation today

To begin your collection of magnificent stained glass Christmas ornaments, be certain to enter your reservation promptly. In the months to come, you and your family will share the joy of each new arrival as you build a glorious collection of ornaments to display joyfully next Christmas, and all the Christmases to come!

RESERVATION APPLICATION

The Christmas Ornament Collectors Club
14 Finance Drive
Danbury, Connecticut 06810

Please return promptly.

Please accept my reservation for _____ collection(s) of REFLECTIONS OF CHRISTMAS, a collection of twenty-five individually cut and leaded stained glass ornaments accented with 24kt gold. The cost of each ornament is $19.50*.

I need send no money now. My first ornament will be shipped individually. Thereafter, every other month, I will receive a set of two ornaments which can be paid for in two monthly installments. My satisfaction is guaranteed, and this subscription may be canceled by either party at any time.

*Plus $2.00 per ornament for shipping and handling.

Name _____
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State _____ Zip _____

☐ Check here if you wish each ornament charged to your: ☐ VISA ☐ MasterCard

_____
Credit Card Number Expiration Date

Signature _____

Allow 8-12 weeks after payment for initial shipment.

R10

FICTION



Bruce Plotkin

The boy who wouldn't say his name

A very special story of an exceptional first-grade teacher who gives a little boy the greatest gift of his life

By Shirley Nunes

Military marches will always bring him back, I suppose. As I sit on the bleachers on this hot morning, watching the Independence Day parade pass in front of me, I think of my most special student of the year, and I hope that his eyes are shining and his head is held high.

The marching band swings by, and the notes wing me back, way above the crowd and the flags, to that first day of the school year just ten months ago.

I lined my first graders around the walls of the room with their parents, and called each one alphabetically to come to his desk. All proceeded smoothly until I reached the *T*s.

"Jon Turner!" I announced loud and clear.

There was a shuffling at the back of the room as a harassed father tried to push his reluctant son forward.

"Jon Turner!" I called out once again.

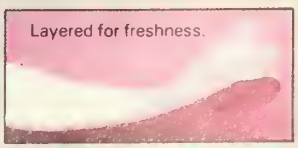
"You have to spell it out," mumbled the father.

"J-O-N T-U-R-N-E-R?" And then, for the first time, I saw those flat brown *(continued)*

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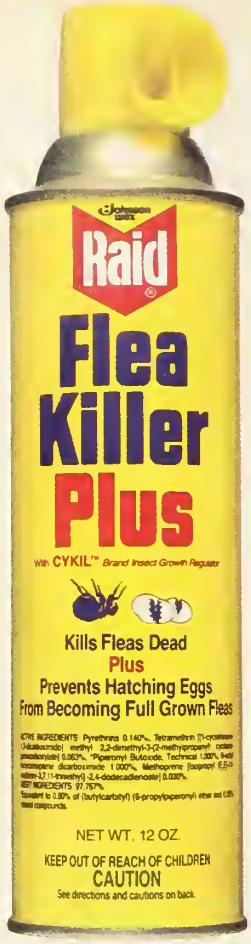


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. . . SAY HIS NAME

continued

eyes behind the wire-rimmed spectacles as little J-O-N dropped his father's hand and took his place.

A slight child, unusually neat, with a compulsion to line up his pencils in parallel rows, he was reading at the second grade level within a few weeks. But he rarely smiled, and he seemed to come to life only when we listened to music. We had a box of old instruments in the corner of the room, and he taught himself to play the recorder, the flat look in his eyes replaced by a soft, shining glow.

One afternoon J-O-N helped me tidy the classroom while we waited for his sitter to pick him up. (Mr. Turner dropped him off in a rush every morning; there was no sign of a Mrs. Turner.) After that day, J-O-N seemed to enjoy being my helper.

"What are your brothers' names?" I asked him one afternoon.

"Well, there's Michael—he has seven—and Christopher—he has eleven," he replied, and then he added sadly, "but I only have three." His large brown eyes had that flat look again.

"But you do have a middle initial," I said cheerfully. "What does the 'P' in your name stand for, J-O-N?"

"P-H-I-L-I-P," he told me, "but that doesn't count. Only three count."

By October I knew much more about J-O-N. I knew that his mother had remarried and that his father had custody of the three sons. His ex-wife lived across the country, but she tried to keep in touch by calling the children every Sunday. J-O-N refused to speak to her. The boys lived with their dad in their grandmother's apartment. Mr. Turner was in line for a big promotion within the year; his firm would transfer him and provide a large company apartment.

He told me this at the first parent-teacher conference when I showed him J-O-N's self-portrait. All the other children's pictures smiled down at us from around the classroom, but I had not put up J-O-N's drawing. Usually so neat, he had taken a black crayon and scribbled a small circle over and over, penetrating the center of the construction paper with the force of the pressure. Underneath he had neatly printed his name.

"I'm concerned about him," I told his father. "How does he act at home?"

"Perhaps that's the key word—'act,'" said Mr. Turner. "He seems almost too good to be real. He's always been a quiet kid, but when his mother left me, he went into a shell. That's when he started spelling his name. He's no trouble, but the only time he comes to life is when he hears music."

"He's musical to his fingertips!" I said. "Tell you what—I used to play the flute when I was a child. I'll bring it to him and look for my old piccolo."

By December J-O-N had taught himself the rudiments of woodwind instruments. I had never known a child who learned so fast. It would almost seem I had a young Mozart on my hands. He seemed a little happier, and he began volunteering information about his family in our clear-up sessions after school. He had formed a strong attachment to his grandmother and was able to relax a little around me, but he had not made friends among the other first graders. Sometimes I looked out my window during recess and saw him sitting alone on a bench, watching the others play.

During the week before Christmas vacation we videotaped our party, and the children eagerly watched themselves afterward on the VCR.

"There's Gerald with Santa Claus!" they yelled.

"And *(continued on page 141)*



Do your husband's jogging clothes make you want to run the other way?



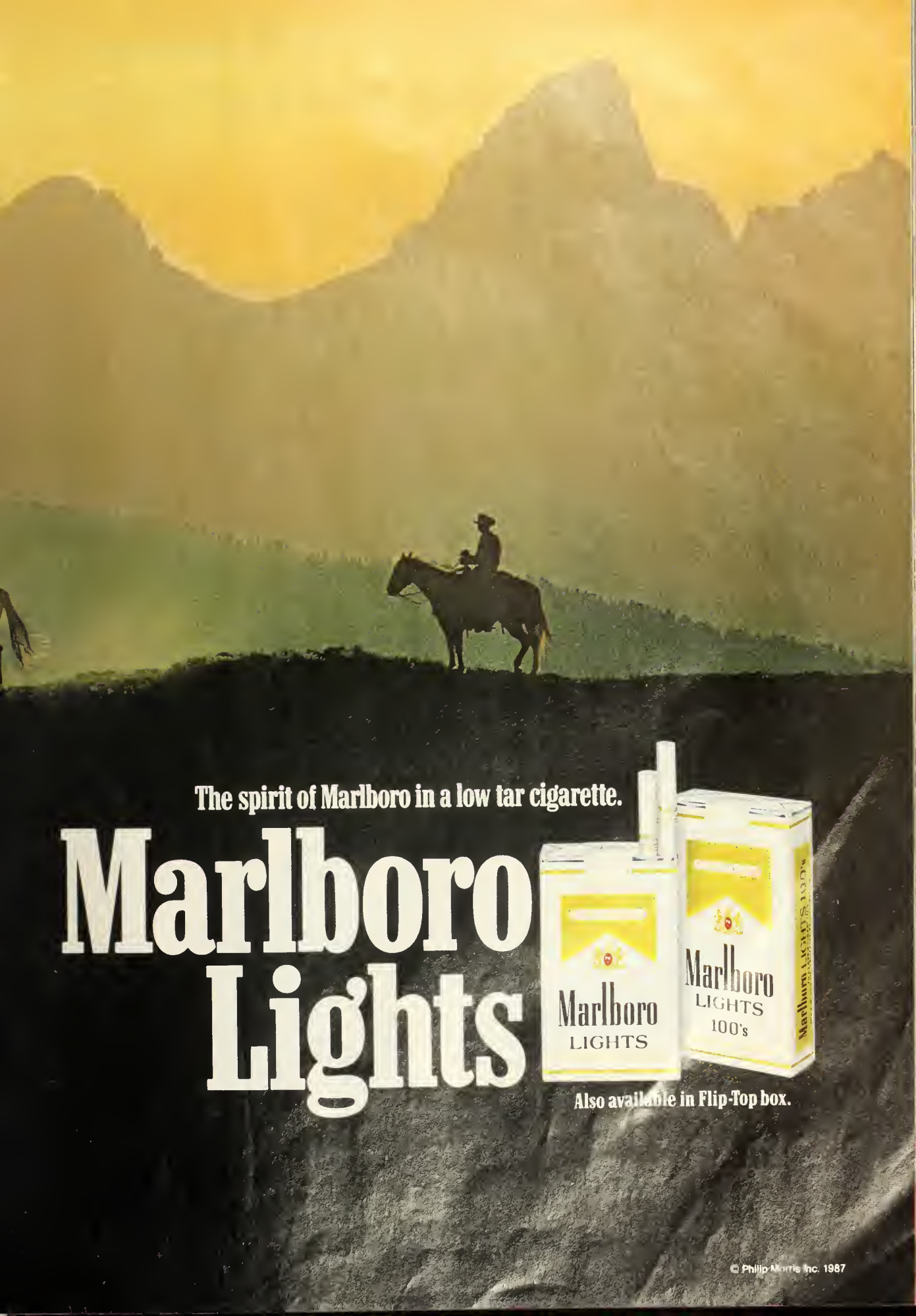
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Marlboro Lights
Marlboro LIGHTS
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Here, the winners of our WALT DISNEY WORLD®/KODAK Family Vacation Contest. Runners-up receive Kodak VR 35 model K10 cameras, while the grand-prize winner gets a family vacation at the Walt Disney World Resort

Having a *wonderful* time!



GRAND PRIZE WINNER

PAT STRICHARCHUK, Cleveland, OH. "Before our son, Nick, was born, my husband, Greg, and I always went away for vacation. But last year we decided to stay put in Cleveland. (Yes, Cleveland!) It was an intimate week, with nothing planned. We lingered over coffee, bicycled, barbecued and watched Nick splash in his pool. Following one swim, I caught father and son heading for an impromptu stroll—quite shocking, because little Nick was just 'barely' able to walk."





KATHLEEN MARCACCIO, Royal Oak, MI. "Last summer my husband, Dave, and I had our best vacation ever—our first with nine-month-old Donny. For two weeks we camped, visited historic sights in Illinois —and rubbed noses with Honest Abe!"

CONNIE BECKER, Brewster, WA. "Vacation doesn't have to mean two weeks in the Swiss Alps—it can be just one day in the life of a busy family. On Labor Day we—my husband, Don, me, and our kids, Chelise, 2, Celina, 5, and Drew, 7—went hiking in the Cascade Mountains in Washington State. Here, we're all laughing at our camera, which was starting to roll off the log we'd set it on."

INDERELLA



own small than
size of approximately 9"



MARY LANE, Maspeth, NY. "Family vacations have become even more important to me since my husband and I were divorced almost two years ago. Now I work full-time, and the baby-sitter is with my children practically more than I am. I miss my days with them, but I try to make the most of the time we do have. Last summer we couldn't afford to go away anywhere, so we made several day trips that the girls helped plan. This picture was taken after a long, fun-filled day at Sesame Place, in Langhorne, Pennsylvania."



OUR FAMILY VACATIONS **CHRISTY PRUSSE, *Littleton, CO***

It's work to take your kids on a trip—
Skiing, camping or even for a dip.
Among your woes might be a flat,
A feverish forehead, or losing the map.
But our family has seen some amazing sights,
From majestic mountains to urban lights.
Deeper awareness was what we were after,
But family togetherness and lots of laughter
Are some of the benefits we've received,
So the trips are worth it, we believe!
And we garnered a tip for those of you
Who want your car to be less like a zoo:
Plenty of snacks and a bathroom stop
Are absolutely essential . . . for Mom and Pop.



THERESA WEBSTER, Royal Oak, MI. "Every July for the last seven summers my husband and I have rented the same log cabin at Birch Shores, a resort in Curtis, Michigan. There's no phone to ring and nothing to do but relax and spend time with the family. Our son, Cameron, was fourteen months old when this photo was taken. I guess that's what we love about this place—it gives us the chance to remember what's really important. And that's why we've already reserved a cabin for next year!"



Now, I can go driving with friends, without fear of accidents. Bladder control accidents.

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AND GREATER PEACE OF MIND.

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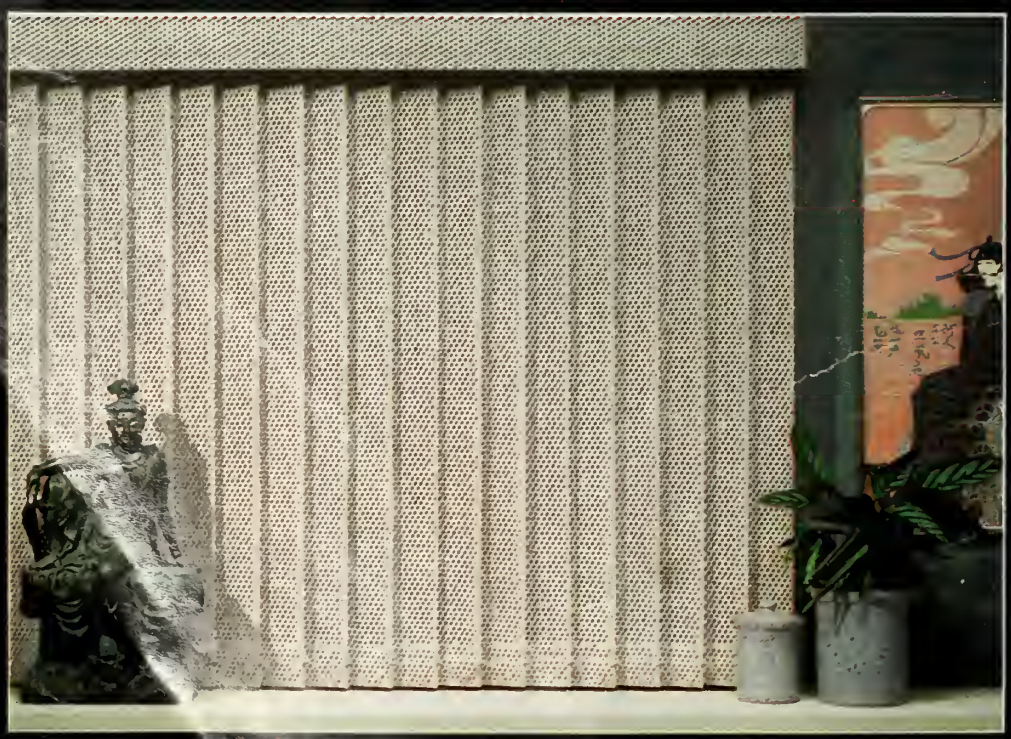


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A special LHJ best-seller bonus. The stories of three irresistible superstars and the women who made the mistake of falling in love with them—Rock Hudson and his wife, Phyllis Gates; Frank Sinatra and his first wife, Nancy; Mikhail Baryshnikov and his partner Gelsey Kirkland—from three of this year's hottest, most shocking celebrity books

He done her wrong!

He done her wrong!

My husband, Rock Hudson

What Rock never told her

By Phyllis Gates

It was 1957, and the exhausting tour for the movie *Battle Hymn* was finally over. Rock and I were staying in our suite in the Waldorf Towers, but I couldn't relax because my stomach was terribly upset. Rock wasn't around much. Even though he had fulfilled his obligations to Universal, he said he still had a lot of appointments. Finally, he noticed how pale I looked and telephoned for a physician, who diagnosed my problem as food poisoning. It was the first time since our wedding in November 1955 that I had been sick, and I was bitterly disappointed by Rock's indifference.

I felt better after we returned home, but Rock remained cool and hard to reach. I hoped we would have some fun in the three weeks before he was scheduled to leave for Italy to begin *A Farewell to Arms*, but he insisted that he had to work full days.

During this time I had friends tell me, "Oh, I saw Rock in Santa Monica today." Or, "I saw Rock in Westwood." I told them, "You must have seen someone who looked like him. Rock was at the studio all day."

On the morning Rock was due to leave for Italy, the studio limousine arrived outside the door.

"Don't you want to ride to the airport with me?" Rock asked.

"No, I'm afraid I might be sick. That wouldn't be a very nice send-off." Rock knew I'd been feeling nauseated again.

We walked out to the car, and Rock turned and hugged me. "I'm gonna miss you, Bunting," he said, using his pet name for me.

"Me, too," I said, trying unsuccessfully to stop the tears from flowing.

"Now remember, if you need anything, just call Florence Kelly, and she'll take care of it," he said, referring to Henry Willson's accountant. Henry Willson was Rock's agent and, earlier, my employer. It was, in fact, while working as Henry's secretary that I first met Rock.

I remained in bed for two days, feeling terribly sick after Rock's departure. When I finally went to see our doctor, Dr. Maynard Brandsma, he told me to check into the hospital immediately.

After a battery of tests at St. John's, my trouble was diagnosed: infectious hepatitis. Dr. Brandsma ordered nurses around the clock, various shots and intravenous feeding. I was scarcely aware of what was happening, I was so sick.

Dr. Brandsma volunteered to notify Rock. He sent a cable to the film location on the day I entered the hospital. It was two weeks before Rock called me.

He apologized for not calling earlier. The conversation was difficult because his voice kept fading.

"Please, honey, can't you come home?" I pleaded. "I need you."

"It would be very difficult. We're shooting up here in the Alps, and the weather has been terrible."

By the third week I was able to eat a little food and take short walks down the corridor two or three times a day. I couldn't understand why Rock couldn't take a few days off to visit me, and I said as much to Hen Willson when he came to see me. was totally unsympathetic.

While my physical condition i proved, my depression did not. " worried about you, Phyllis," Brandsma said. "I can cure your h atitis, but you need help with yo depression. I'd like you to talk Constance Dubois, a psychologist

Dr. Dubois arrived later that d She gave me a series of tests, and talked. When she started probi into my marriage, I grew very defe sive. Each time we met, I tried paint the same picture that was p sented to the fan magazines—t fun couple deliriously in love. E one day she said to me, "You do feel very loved, do you?"

I started to cry. Soon I was s bing. Dr. Dubois had made h breakthrough. From that day, r therapy progressed smoothly.

After four weeks, Dr. Brandsr decided I was well enough to home. Dr. Dubois came every d during the first week, then sho ened her visits to three times a wee After a month I felt well enough dispense with my day nurse.

Every two weeks, I received a ca from Rock. I always asked hi "Can't you come home?" His sta dard answer was "I'll try."

Welcome home

After five months away, Rock fina ly came home.

The studio sent a limousine take me to the airport. When Ro came through the gate, he look tan and terrific. He swept me in his arms amid a burst of flashbulb

"I missed you so much," he sai

From the book MY HUSBAND, ROCK HUDSON, by Phyllis Gates and Bob Thomas. Copyright © 1987 by Phyllis Gates and Bob Thomas. Published by Doubleday & Co., Inc.

t was awful being stuck over
ıere without you." As soon as we
rived home, he took me to the
edroom and we made love. After-
ard, he said, "Don't you move. I
ave some surprises to show you."
e started handing me presents.
irst, a black suede coat lined with
riped rabbit fur. Next came two
veaters with pearl buttons, an an-
que watch, a solid-gold evening
ag, and on and on. It took me an
our to open all the packages.

In the weeks that followed, I did
verything I could to make our
arriage work, which included
ore therapy with Dr. Dubois.

One day, I was in our bedroom
eading a book. Rock rushed in and
rew himself on the bed, weeping,
nd said, "Dr. Brandsma wants me
start working with Dr. Rankin.
e said I need some help." Dr. Ran-
n was an associate of Dr. Dubois.

I put my arms around him consol-
gly. "Maybe you should do what
r. Brandsma says."

"I can't tell anyone what I do
hen I'm alone," he sobbed.

I was taken aback. "Why? What
uld you do that's so bad? Mastur-
ate? Honey, look. Nothing could
e this bad. Even if you don't want
e anymore, I'll understand. I
ant you to be happy."

Rock went to see Dr. Rankin
vice in the first week. Each time
e came home morose and angry.

I invited some friends to an arts
stival, which I thought Rock
ould enjoy. We oohed and aahed
every attraction, but Rock was
lent. He'd brought along a bottle
wine, and with each swallow, his
ood grew darker.

He remained silent as we drove
me. Embarrassed, I tried to keep
a conversation with our guests,
nd they, too, did their best to ig-
re the situation. At one point I
anced down at the speedometer
nd was aghast to see we were go-
g eighty miles an hour.

"Slow down, Rock," I said.

Whap! He backhanded me across
e face. "Don't tell me how to
ive!" he shouted.

That night, for the first time in
r marriage, Rock slept in the
est bedroom.

Rock kept one more appointment
ith Dr. *(continued on page 153)*



John Bryson/Sygma



He done her wrong!

The first Mrs. Sinatra

How Frankie made "Nancy with the laughing face" really cry

By Kitty Kelley

After a four-month honeymoon that was spent mostly driving to and from North Carolina, Frank Sinatra and Nancy Barbato Sinatra moved into a three-room apartment in Jersey City. It was 1939, and their combined monthly income was two hundred dollars: Nancy earned twenty-five dollars a week as a secretary, and Frank, who had recently received a raise, was making twenty-five dollars a week as a singing waiter at a roadhouse called the Rustic Cabin. After food and rent, most of their money supported Frank's mania for clothes so he would always be well dressed when he performed. He needed to dress rich to feel important.

His excessive spending terrified Nancy, but she was so grateful to be Mrs. Frank Sinatra that she did anything she could to make him happy. She cooked his favorite meals and tolerated the odd hours that he kept as he raced from one radio station to the next, begging to sing free simply to be heard. She encouraged him constantly, and she tried to get along with her mother-in-law, Dolly.

Frank soon left his singing-waiter days behind him and signed with Tommy Dorsey. Frank idolized Tommy and made him the godfather of his daughter, Nancy Sandra, born June 7, 1940. He imitated the flashy way the bandleader dressed. He threw the same kind of temper tantrums. He spent money as openly as Tommy and took women as easily.

"Nancy was always interrogating me," said Nick Sevano, Frank's friend from Hoboken, who often accompanied the singer. "She'd corner me and say, 'I called the hotel all night, and there was no answer in your room. Why not? Was Frank with another woman?' I'd always lie and cover for Frank.

"Sometimes Nancy would come right out and confront him about other women, crying and carrying on, but Frank would just ignore her. He'd walk out of the room.

"Then Nancy would call Dolly and bring the old lady into the act. Dolly didn't mess around. She'd collar Frank and say, 'What are you doing with those broads? You know you're a married man. You have a family now. You can't be acting like a bum.' Frank would deny everything."

The first major rupture in the marriage occurred in October 1940, when Frank went to Hollywood with the band and met Alora Gooding, a beautiful blond starlet. Within a week they were staying together. By the time Frank returned home, he was besotted with Alora and carried her picture in his wallet. His wife soon found it.

"Sometimes I wondered if Frank did that kind of thing on purpose just to get caught," Sevano said. "When Nancy confronted him with the photograph and demanded to know who the beautiful blond was, he said, 'Oh, that. She's just a fan.' I couldn't believe he said that. Nancy wasn't stupid, but what could she do?"

The big time

In May 1941, Frank, twenty-five, was named the top band vocalist by *Billboard*. His last performance with Dorsey was in September 1942, and from then on, he was on his own.

Frank hired a press agent, George Evans, and lines for his performances soon stretched around the block. With the zeal of an empire builder, Evans began creating a biographical sketch of Frank as a loving family man. He insisted that Frank wear his wedding band, and he frequently had him quoted saying such things as "Nobody comes before my wife, Nancy. That goes for now and for all time." When Nancy became pregnant again, no one was happier than Evans.

Frankie, Jr., was born on January 10, 1944, while Frank was in Hollywood filming *Step Lively* and starring in a weekly radio show that featured a lineup of beautiful female stars like Ginger Rogers, Judy Garland and Joan Blondell. He was in no hurry to return home. With his wife, his three-and-a-half-year-old daughter and his newborn son waiting in New Jersey, he stayed on the West Coast for two and a half months, basking in the glow of movie stardom. When he finally did return home, he told Nancy that he no longer wanted to live in New Jersey. A few weeks later he bought Mary Astor's rambling estate sight unseen, and the Sinatras moved to California.

Frank was a movie star now. But

From HIS WAY: THE UNAUTHORIZED BIOGRAPHY OF FRANK SINATRA, by Kitty Kelley. Copyright © 1986 by H. B. Productions, Inc. Reprinted by permission of Bantam Books, Inc. All rights reserved

ıcy was still a little Italian sewife, incredulous that her band would be making more n $1 million by the end of the r. "I couldn't believe it," she l. "Only millionaires made mil- s. All I could think of was the e six years ago when I had spa- tti without meat sauce because t sauce was more expensive."
n 1945, Frank sang with a USO t that included Phil Silvers. l's wife, Jo-Carroll, a former s America, was outraged when husband told her what went on he Wilshire Towers apartment t two of Frank's Hollywood cro- shared. "This was where all men went during the week for r bachelor orgies," she said. ll girls were in and out of there the time. One day Frank ught in Marlene Dietrich."
his was not Frank's first public lay of sexual prowess, nor ld it be his last. Away from the uence of his mother and George ns, Frank took more extramari- liberties, to the acute embar- sment of his wife. But she fol- ed George Evans's advice, say- "Everyone else may love nk, but he loves me, and I'm the he comes home to."
very New Year's Eve the men in atra's group dressed in black tie took their wives to Frank and ıcy's. On the eve of 1945, as nk stood at the front door greet- his guests, Nancy stayed in the hen fussing with the food. She knew her place.
Vhen Nancy began passing the s d'oeuvres, she noticed a beau- l show girl wearing a ring exact- ike the one Frank had given to And then she remembered. She given the ring to Frank weeks re to take to the jeweler to be aired. "I felt so humiliated," she l later. "I thought I would just myself."

trangers in the night

October 5, 1946, a sobbing Nan- Sinatra called George Evans to that Frank had walked out of r house. George listened sym- netically and decided to sit on story for forty-eight hours while tried to convince Frank to go k home. *(continued on page 152)*



Bettmann Newsphoto



Malicious Misha

Only in Swan Lake did he behave like a prince

By Gelsey Kirkland

During the week before the 1974 Christmas Eve opening of American Ballet Theater in New York, I was extremely anxious and nervous. An old foot injury had been aggravated on tour, and the daily grind of company class, rehearsal and performance did not give me the kind of muscle tone I knew I would need to fulfill my numerous critical and promotional promises.

I broke into a rash. It was a hideous scourge. There was no way to hide the flaming red blotches that covered my back and chest. When Mikhail Baryshnikov walked into my apartment for one of his nocturnal visitations—we had been lovers since he had defected from Russia that summer—he found me in the middle of an uncontrollable crying jag, my face wet with tears and smeared mascara. Misha surprised me. He was gentle and stayed and offered consolation. This was the prince with whom I had fallen in love.

The next day I went into a dither about what to get Misha for a gift. I did some frantic last-minute shopping and found a ring in an antique store. Then I began to worry. Would Misha get the wrong idea about receiving a ring from me? There was no time to change my mind.

The Christmas Eve performance of *Coppelia* was a minor disaster. I was unable to reach Misha. We danced away from each other.

After the performance, I had been invited to a Christmas party at the home of Misha's friends Helen and Sheldon Atlas on Central Park West. I had assumed that Misha and I would be traveling there together. After all, it was Christmas Eve. We had just opened in New York. We were the talk of the ballet world. How could he leave me in the dressing room without offering so much as a word of explanation? But he did.



Ira Wyman/Sygma

I caught a taxi in midtown, and when I arrived at the Atlases' apartment, I was greeted by a reception line of grinning Russians. A loud chorus exclaimed, "Merry Christmas, Gelsey!"

Misha was among those who had been waiting for my entrance. Encouraged by his friends, he stepped forward with a broad smile, obviously holding something behind his back. Then he whipped out a brown paper bag. "Here, Gelsey, for you! Please, open now." I heard snickers from the others.

I was tickled to be the center of attention. Misha evidently had gone to some trouble to arrange this little surprise. Looking at the bag, I wondered if Russian men knew how to wrap. I played along. I reached into the package and pulled out a pacifier and container of baby powder. Their laughter was uncontrollable.

In response to my bewilderment, Misha jumped around me like a dancing bear, saying, "You know, Gelsey . . . for crybaby . . . for rash!"

Feeling my eyes welling against my will, I looked down and forced a laugh. Then I headed through the apartment into the bedroom where the guests had piled their coats. Misha did not follow me.

After circulating and reconnoitering, I found him in the living room and placed my gift in his hands. He did not open it. He thanked me, but I had distracted him from a conversation with his Russian buddies. The iron curtain slammed in my face.

I beat a hasty retreat, feeling utterly rejected. I was sure now that Misha would misunderstand the ring. After another hour or so of being *(continued on page 151)*

From the book DANCING ON MY GRAVE, by Gelsey Kirkland with Greg Lawrence. Copyright ©1986 by Gelsey Kirkland and Greg Lawrence. Published by Doubleday & Co., Inc.



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YOUR BODY YOUR HEALTH

Take part in a landmark LHJ survey

Are you exceptionally healthy . . . or do you often have a medical complaint? Do you like your doctor, or are you critical of the medical profession? Express your attitudes about modern medicine and your own health concerns. Take *LHJ*'s special survey—our sixth annual poll and one of the most important—prepared in conjunction with the Center for Health Communication, Harvard School of Public Health. Your answers will be analyzed by Clive Enos, Ph.D., and researchers at St. John's University. Then, in a future issue of *LHJ*, we'll publish the results so you can find out how *your* body, *your* health, compare with other women's. We believe our survey will help improve health care for women. Please take part!—The Editors

General

1. Is your health:
- Excellent ☐ 1-1
- Good ☐ 2
- Fair ☐ 3
- Poor ☐ 4

2. Do you feel more or less healthy than you did five years ago?
- More ☐ 2-1
- Less ☐ 2
- Same ☐ 3

3. What is most important for good health?
- Good genes ☐ 3-1
- A healthy lifestyle ☐ 2
- The right attitude ☐ 3
- Good medical care ☐ 4

4. What is the biggest health threat to our nation?
- Cancer ☐ 4-1
- Heart disease ☐ 2
- AIDS ☐ 3
- Smoking ☐ 4
- Alcohol abuse ☐ 5
- Pollution ☐ 6
- Automobile accidents ☐ 7

5. Where do you go for medical help when you're sick?
- Doctor's office ☐ 5-1
- Work or school health center ☐ 2
- Walk-in clinic ☐ 3
- Hospital emergency room ☐ 4

6. Which of the following "female" illnesses have you had?
- Urinary tract infections ☐ 6-1
- Incontinence ☐ 2
- Fibrocystic breasts ☐ 3
- PMS ☐ 4
- Yeast infections or other vaginitis ☐ 5
- Menstrual cramps ☐ 6
- Endometriosis ☐ 7
- Fibroids ☐ 8

7. Which of these common ailments do you suffer from?
- Headaches ☐ 7
- Backaches ☐ 8
- Acne ☐ 9
- Constipation ☐ 10
- Diarrhea ☐ 11
- None ☐ 12

8. If you checked any of the above, do you think stress is a factor?
- Yes ☐ 13-1
- No ☐ 2

9. How often do you use over-the-counter medications (excluding vitamin and mineral supplements)?
- Daily ☐ 14-1
- At least once a week ☐ 2
- A couple of times a month ☐ 3
- Infrequently ☐ 4
- Never ☐ 5

10. Are you taking prescription medication?
- Yes ☐ 15-1
- No ☐ 2

11. If yes, what kind?
- Blood pressure medication ☐ 16-1
- Ulcer medication ☐ 2
- Tranquilizers or antidepressants ☐ 3
- Painkillers ☐ 4
- Antibiotics ☐ 5
- Other _____ 6

12. How many times have you been hospitalized (excluding childbirth)?
- Never ☐ 17-1
- Once ☐ 2
- Two or three times ☐ 3
- Four or five times ☐ 4
- More than five times ☐ 5

13. Do you have a chronic illness or condition?
- Arthritis ☐ 18-1
- Diabetes ☐ 2
- Gastrointestinal problems ☐ 3
- Heart disease ☐ 4
- High blood pressure ☐ 5
- Other _____
- No ☐ 6

14. Have you had a hysterectomy?
- Yes ☐ 19-1
- No ☐ 2

15. Have you had a mastectomy?
- Yes ☐ 20-1
- No ☐ 2

16. Are you infertile?
- Yes ☐ 21-1
- No ☐ 2
- Don't know ☐ 3
- Had problems but was successfully treated ☐ 4

17. Is your husband infertile?
- Yes ☐ 22-1
- No ☐ 2
- Don't know ☐ 3
- Had problems but was successfully treated ☐ 4

18. How many times have you been pregnant? ▶

Never ☐ 23-1
Once ☐ 2
Two to four times ☐ 3
More than four times ☐ 4

19. Did you nurse your children?
Yes ☐ 24-1
No ☐ 2
One or more, but not all ☐ 3
Don't have children ☐ 4

20. Have you had a caesarean?
Yes ☐ 25-1
No ☐ 2

21. Have you had a miscarriage?
Yes ☐ 26-1
No ☐ 2

22. Have you had an abortion?
Yes ☐ 27-1
No ☐ 2

23. Have you had a sexually transmitted disease?
Yes ☐ 28-1
No ☐ 2

24. Which describes you best?
Very calm, rarely tense ☐ 29-1
Calmer than average ☐ 2
Average (am tense two to three times a week) ☐ 3
Stressed and rushed ☐ 4
Extremely anxious ☐ 5

25. What makes you feel the most stressed?
Problems at work ☐ 30-1
Fights with my husband or boyfriend ☐ 2
Difficulties with my children ☐ 3
A friend's or family member's illness ☐ 4
Other_____

26. Have you ever suffered from emotional problems, depression or mental illness?
Yes ☐ 31-1
No ☐ 2

27. If yes, where did you seek help?
Psychiatrist or psychologist ☐ 32-1
Family or friends ☐ 2
Self-help group ☐ 3
Did not seek any help ☐ 4

28. Have you ever taken tranquilizers or antidepressant drugs?
Yes ☐ 33-1
No ☐ 2

Attitudes

29. What is your greatest health fear?
Cancer ☐ 34-1
Heart attack ☐ 2
AIDS ☐ 3
Stroke ☐ 4
Alzheimer's ☐ 5
Other_____ ☐ 6

30. Do you worry about being placed in a nursing home when you get older?
Yes ☐ 35-1
No ☐ 2

31. Do you feel that doctors respect women patients enough?
Yes ☐ 36-1
No ☐ 2

32. Do you prefer a male or a female doctor?
Male ☐ 37-1
Female ☐ 2
Doesn't matter ☐ 3

33. Do you trust your doctor?
Yes ☐ 38-1
No ☐ 2

34. How would you characterize most doctors?
Genuinely concerned ☐ 39-1
Somewhat concerned ☐ 2
Just doing a job ☐ 3
Greedy, only in medicine for the money ☐ 4

35. Do you get a second opinion before surgery?
Yes, always ☐ 40-1
Usually ☐ 2
No ☐ 3

36. How afraid are you that a health crisis would devastate your family financially?
Very afraid ☐ 41-1
Somewhat afraid ☐ 2
Unconcerned ☐ 3

37. What is responsible for the high cost of medicine?
Advanced technology ☐ 42-1
Malpractice insurance ☐ 2
Greedy physicians ☐ 3
A combination of factors ☐ 4

38. How does your physician address you?
By first name ☐ 43-1
By title and last name ☐ 2
By what I prefer ☐ 3

39. Do you prefer your physician to address you formally?
Yes ☐ 44-1
No ☐ 2
Not important ☐ 3

40. How long does your doctor usually keep you waiting?
Less than 15 minutes ☐ 45-1
15 to 20 minutes ☐ 2
30 minutes ☐ 3
Longer than 30 minutes ☐ 4

41. How long do you think it's reasonable to wait in a doctor's office for an appointment?
Less than 15 minutes ☐ 46-1
15 to 20 minutes ☐ 2
30 minutes ☐ 3
Longer than 30 minutes ☐ 4

42. Has your physician ever acted unprofessionally?
Violated confidentiality ☐ 47-1
Was patronizing ☐ 2
Made improper advances ☐ 3
Other_____
No ☐ 4

43. If there were an anti-aging cream that really worked, would you use it?
Yes, enthusiastically ☐ 48-1
No, because I'd be afraid of side effects ☐ 2
No, growing old is a natural part of life ☐ 3

44. If you had an incurable disease and could be frozen until there was a cure, would you?
Yes ☐ 49-1
No ☐ 2

Controversies

45. What do you think of abortion?
It's a woman's choice ☐ 50-1
It should be available only in the first trimester ☐ 2
It should be allowed only in certain cases, such as rape, or when a mother's life is endangered ☐ 3
Against ☐ 4

46. What is your feeling on surrogate mothers?
For ☐ 51-1
Against ☐ 2

47. Should the terminally ill be allowed to end their own life?
Yes ☐ 52-1
No ☐ 2

48. Have you arranged for your organs to be donated?
Yes ☐ 53-1
No ☐ 2

49. If you answered no to the above, why not?
I think it's unnatural ☐ 54-1
Religious reasons ☐ 2
I'm afraid doctors won't do everything to save me if they know I want to donate organs ☐ 3
Just haven't done it yet ☐ 4

50. What precautions have you taken against AIDS exposure?
Have changed sexual practices ☐ 55-1
Avoid homosexuals ☐ 2
Don't share food or drink with acquaintances ☐ 3
None ☐ 4

51. Do you feel confident that there's nothing in your life that puts you at risk for AIDS?

Yes ☐ 56-1
No ☐ 2

52. Would you be nervous working with somebody with AIDS?
Yes ☐ 57-1
No ☐ 2

53. Would you allow your child to go to school with a student with AIDS?
Yes ☐ 58-1
No ☐ 2

54. Do you know anybody who has AIDS or has died of AIDS?
Yes ☐ 59-1
No ☐ 2

Habits

55. How often do you go for a physical (when you are not ill)?
Yearly ☐ 60-1
Every two years ☐ 2
Every three years ☐ 3
Less often than every three years ☐ 4

56. When was your last gynecological exam?
Less than 1 year ago ☐ 61-1
1–2 years ago ☐ 2
2–5 years ago ☐ 3
More than 5 years ago ☐ 4
Never ☐ 5

57. How often do you examine your breasts for lumps?
Every month ☐ 62-1
7–11 times a year ☐ 2
2–6 times a year ☐ 3
Once a year ☐ 4
Never ☐ 5
Don't know how to examine ☐ 6

58. How often do you exercise enough to work up a sweat?
At least 3 times per week ☐ 63-1
Once or twice a week ☐ 2
Occasionally ☐ 3
Seldom ☐ 4
Never ☐ 5

59. Why do you exercise?
For health ☐ 64-1
For appearance ☐ 2
To lose weight ☐ 3
To deal with stress ☐ 4
For energy ☐ 5

60. Do you enjoy exercise?
Yes ☐ 65-1
No ☐ 2
Don't mind, but don't like ☐ 3

61. How much do you sleep?
Fewer than 7 hours per day ☐ 66-1
7–8 hours per day ☐ 2
9 or more hours per day ☐ 3

62. Do you get enough sleep?
Yes, always ☐ 67-1
Yes, usually ☐ 2
No ☐ 3

63. Do you often have difficulty falling asleep?
Yes ☐ 68-1
No ☐ 2

64. Do you take a sleeping pill to help you sleep?
Always ☐ 69-1
Sometimes ☐ 2
Never ☐ 3

What's your absolutely worst—and best—health habit? We want to know!

65. What contraceptive do you use?
Birth control pill ☐ 70
Diaphragm or cervical cap ☐ 71
Sponge ☐ 72
IUD ☐ 73
Condom ☐ 74
Rhythm method ☐ 75
Spermicidal jelly, tablets, foam or cream ☐ 76
Sterilization ☐ 77
Don't use ☐ 78

66. Are you a smoker?
Never smoked ☐ 79-1
Former smoker ☐ 2
Current smoker: fewer than 15 cigarettes a day ☐ 3
Current smoker: 15–24 cigarettes a day ☐ 4
Current smoker: 25 or more cigarettes a day ☐ 5

67. How much alcohol do you consume?
2 or more drinks per day ☐ 1-1
1 drink per day ☐ 2
3–6 drinks per week ☐ 3
2 or fewer drinks per week ☐ 4
Do not drink ☐ 5

68. Have you ever used any of the following drugs recreationally?
Marijuana ☐ 2
Cocaine ☐ 3
LSD or other hallucinogens ☐ 4
Amphetamines ☐ 5
No, never used drugs recreationally ☐ 6

69. Are you addicted to:
Prescription drugs ☐ 7
Illegal drugs ☐ 8
Cigarettes ☐ 9
Alcohol ☐ 10
Caffeine ☐ 11
Overeating ☐ 12
Dieting ☐ 13
Sex ☐ 14
Other_____
Not addicted to anything ☐ 15

70. Have you suffered from any eating disorder?
Anorexia ☐ 16-1
Bulimia ☐ 2
No ☐ 3

71. Have you changed your health habits in the last five years?
Get checkups more often ☐ 17-1
Improved my diet ☐ 2
Exercise more ☐ 3
Quit smoking ☐ 4
Avoid excess sun exposure ☐ 5
Other_____
Haven't changed ☐ 6

72. What's your worst health habit?
Don't eat correctly ☐ 18-1
Don't exercise enough ☐ 2
Don't get enough sleep ☐ 3
Drink too much ☐ 4
Smoke ☐ 5
Can't cope with stress ☐ 6
Other_____

73. What's your best health habit?
Eat healthfully ☐ 19-1
Get regular exercise ☐ 2
Do breast self-exams ☐ 3
Practice stress reduction ☐ 4
Other_____

Diet/nutrition

74. How tall are you?
_____ feet _____ inches 20-22

75. How much do you weigh?
_____ pounds 23-25

76. How do you feel about your weight right now?
Very overweight ☐ 26-1
Somewhat overweight ☐ 2
Just about right ☐ 3
Somewhat underweight ☐ 4
Very underweight ☐ 5

77. Do you eat breakfast?
Yes, every morning ☐ 27-1
Almost every morning ☐ 2
Sometimes ☐ 3
No, never ☐ 4

78. Do you snack?
Yes, every day ☐ 28-1

Almost every day ☐ 2
Sometimes ☐ 3
No, never ☐ 4

79. What do you snack on?
Sweets ☐ 29-1
Salty or crunchy foods ☐ 2
Fresh fruit or vegetables ☐ 3
Protein (i.e., meat or eggs) ☐ 4
Soft drinks ☐ 5
Other_____
Don't snack ☐ 6

80. Do you use vitamin, mineral or other dietary supplements?
Yes ☐ 30-1
No ☐ 2

81. If yes, what do you take?
Multiple vitamin, or vitamin and mineral ☐ 31-1
Individual vitamin ☐ 2
Individual mineral ☐ 3
Fiber ☐ 4

82. As compared with five years ago, what change has there been in how much you eat of the following?

	1 *less*	2 *same*	3 *more*	
Red meat				32
Seafood				33
Poultry				34
Diet foods				35
Vegetables				36
Fiber				37
Fruits				38
Dairy				39
Fats				40
Salt				41
Sugar				42
Caffeine				43

83. Are you now on a diet to:
Lose weight ☐ 44-1
Lower blood cholesterol ☐ 2
Lower blood pressure ☐ 3
Maintain regularity ☐ 4
Control a condition such as diabetes or allergies ☐ 5
Not on a diet ☐ 6

84. How much weight have you lost on diets over your lifetime?
0–20 pounds ☐ 45-1
20–50 pounds ☐ 2
50–100 pounds ☐ 3
More than 100 pounds ☐ 4

85. Do you feel guilty when you eat something fattening?
Yes ☐ 46-1
Sometimes ☐ 2
No ☐ 3

86. What's your worst food habit?
Eat too much in general ☐ 47-1
Eat too many sweets ☐ 2
Eat too many fatty foods ☐ 3
Salt my food too much ☐ 4
Don't eat enough fiber ☐ 5
Other_____

PERSONAL DATA

1. How old are you? _____ 1:2

2. What is your marital status?
Never married ☐ 3-1
First marriage ☐ 2
Divorced ☐ 3
Second marriage ☐ 4
Third or fourth marriage ☐ 5
Widowed ☐ 6
Living with someone ☐ 7

3. How long have you been married? _____ **years** 4:5

4. How many children do you have?

Age(s)	6:7	9:10	12:13	15:16	18:19
Sex	8	11	14	17	20

5. Is yours a blended family?
Yes ☐ 21-1
No ☐ 2

6. Are you employed?
Self-employed ☐ 22-1
Employed part-time ☐ 2
Employed full-time ☐ 3
Unemployed ☐ 4

7. What is your job?
Homemaker ☐ 23-1
Clerical ☐ 2
Professional/technical ☐ 3
Management ☐ 4
Sales ☐ 5
Manufacturing or trades ☐ 6
Agricultural ☐ 7

8. What is your husband's job?
Homemaker ☐ 24-1
Clerical ☐ 2
Professional/technical ☐ 3
Management ☐ 4
Sales ☐ 5
Manufacturing or trades ☐ 6
Agricultural ☐ 7

9. What is your personal annual income? _____ 25:30

10. What is your husband's annual income? _____ 31:36

11. Where do you live?
City of over 1,000,000 ☐ 37-1
City of 500,000–1,000,000 ☐ 2
City of 50,000–500,000 ☐ 3
Suburbs ☐ 4
Town of 10,000–50,000 ☐ 5
Rural community ☐ 6

12. What region do you live in?
Northeast ☐ 38-1
Southeast ☐ 2
Northwest ☐ 3
Southwest ☐ 4
Midwest ☐ 5

13. What is your race?
White ☐ 34-1
Black ☐ 2
Asian ☐ 3
Other_____

14. What is your religion?
Protestant ☐ 40-1
Catholic ☐ 2
Jewish ☐ 3
Other_____
None ☐ 4

15. Are you registered with a political party?
Democrat ☐ 41-1
Republican ☐ 2
Other_____
No ☐ 3

16. How far do you live from your hometown?
Under 50 miles ☐ 42-1
50–300 miles ☐ 2
Over 300 miles ☐ 3

17. How much schooling have you completed?
8th grade ☐ 43-1
12th grade ☐ 2
Some college ☐ 3
College degree ☐ 4
Postgraduate degree ☐ 5

18. How much schooling has your husband completed?
8th grade ☐ 44-1
12th grade ☐ 2
Some college ☐ 3
College degree ☐ 4
Postgraduate degree ☐ 5

19. Did you respond to any of the previous *LHJ* surveys?
(check as many as apply)
Yes, 1982 ☐ 45
Yes, 1983 ☐ 46
Yes, 1984 ☐ 47
Yes, 1985 ☐ 48
Yes, 1986 ☐ 49
No ☐ 50

Thank you for participating in this survey. Please mail your completed questionnaire by July 31, 1987, to:

Dr. Clive Enos
c/o St. John's University
P.O. Box AM
Huntington, NY 11743

I can practically divide my life into before and after Metamucil.

"My daughter noticed first — before, I just accepted being uncomfortable all the time as the price of getting older. After, well it's like a whole new me has been released. And that's a great feeling."

Overcoming irregularity makes the difference.

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Metamucil offers the long-term solution to irregularity. Because it's made of safe, natural fiber.

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Metamucil.

And you could be regular for the rest of your life.



FOOD FIRST-AID

Burned the stew beyond recognition? The chocolate soufflé collapsed? Ran out of milk? Learn to cope with culinary crises from A to Z with this special food repair manual

By Marina and John Bear



AVOCADOS

Impossible to peel: Yes, it is difficult to peel an avocado, but it's usually unnecessary—despite what recipes may tell you. Do this instead: Cut it in half lengthwise and separate the two halves. Insert the blade (not the point) of a big knife into the pit and twist it slightly, and the pit will come out neatly. Now you can scoop the meat out with a spoon or, for variety in salads, with a melon baller.

BURNED FOODS



Remove the pan from the heat at once. Fill a container bigger than the pan (use sink if necessary) with cold water and put burned container immediately in the cold water. (Do not let water get into pan.) Separate unburned food from burned. Using a wooden spoon, remove all ingredients that don't cling, and transfer them to another pan. Be careful not to scrape the burned food. Taste food. If it has a burned taste, cover pan with a damp cloth and let stand for about a half hour. Taste it again. It should be okay, but if taste is still unpleasant, your food is probably beyond repair.



CHOCOLATE

Too hard: Droplets of water, high temperature and quirks of the chocolate sometimes cause melting chocolate to stiffen in the pan. The best rescue is to stir in a teaspoon of vegetable shortening. Add more as needed to bring chocolate to desired consistency.



DRY CEREAL

To crisp up soggy cereal, pour it on a cookie sheet and bake for 2 or 3 minutes at 350°F., stirring once. Let cool.



EGGS

Cracked during cooking: Add 1 teaspoon salt or ½ teaspoon vinegar or lemon juice to cooking water to keep the egg whites from seeping out of the shell; reduce heat to medium. After cooking, plunge eggs quickly into cold water.

FALLEN SOUFFLÉ

Doesn't rise (or rises, then sinks): Remember, it will still taste good. To disguise a wreck in a savory (non-sweet) soufflé, remove from the dish, cover with cheese and broil. Call it a fritatta! Or simply cover with a sauce appropriate to the ingredients. Serve cheese soufflé with a tomato sauce; serve spinach soufflé with béchamel sauce. A sweet soufflé can just be covered with whipped cream or inverted and served as a flourless gateau (cake).



GRAVY

If it's lumpy: Beat the gravy with a whisk or with an egg beater. You can also pour through a fine strainer (or force it, pressing with a spoon). Then reheat. Use a blender or food processor only as a last resort. No need to strain.





HONEY

Crystallized: Heating honey will restore it to a smooth state. Stand honeypot in a pan of hot water and cook over medium heat. Or microwave on High for 60 to 90 seconds per cup.

Photos, J. Barry O'Rourke. Prop stylist, Deborah Donahue.

From HOW TO REPAIR FOOD. Copyright © 1987 by Marina and John Bear. Published by Ten Speed Press.

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Hillshire Farm

Fill & Grill Sizzlers

Hillshire Farm Smoked Sausage,
Polska Kielbasa or Polska Links
grated Muenster cheese
sauerkraut
bacon slices (optional)

Cut sausage into 6-inch pieces. Split lengthwise, 3/4 through. Fill each sausage piece with mixture of 2 Tbs. grated Muenster cheese and 1 Tbs. of sauerkraut. Wrap with bacon, if desired. Secure with a toothpick. Grill or broil (4 inches from heat) until done. Garnish with Muenster cheese.



Good Housekeeping

Hillshire Farm, 1987

FOOD FIRST AID

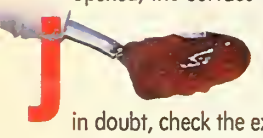


ICING Too thin: Add sugar (preferably confectioners') a very little at a time, stirring briskly or beating as you do. If too gritty, add a few drops of vinegar or lemon juice. This will retard crystallization but won't change the taste.



ONIONS Falling apart while cooking (especially for creamed onions or beef Bourguignonne): With a sharp knife, carve an X in the root end of a whole onion; it will help hold the onion together. (The root end is usually flatter, and it has a little dark spot where the root wos.)

JAMS, JELLIES Surface hardens and crystallizes: After jam jar is first opened, the surface of the jam may become hardened or dry as a result of exposure to air. This does not affect the taste or quality of the jam. Simply scoop off the hardened part and discard. (Whenever in doubt, check the expiration date on your food packages, cans or jars.) Always store opened jars in refrigerator.



KALE Dirty, gritty: Wash in warm water, then rinse well in cold water until clean. Dry in a salad spinner. This procedure works for other greens, too.



LEMON Have none, need some: For use in small quantities (when not more than two or three teaspoons are required), ½ teaspoon vinegar can be substituted for 1 teaspoon lemon.

MILK Have none, need some: If you don't have powdered or evaporated milk on hand, then for most uses (including drinking, but especially cooking) you can substitute the following for 1 cup of whole milk: 1 cup skim milk plus 2 teaspoons oil or fat; or 1 cup buttermilk plus ½ teaspoon baking soda. If you need buttermilk, add 1 teaspoon lemon juice or cider vinegar to 1 cup regular milk. In baking, depending on the recipe, 1 cup fruit juice can sometimes be substituted for 1 cup milk. Next time, freeze 1 quart milk; keeps up to 1 month.





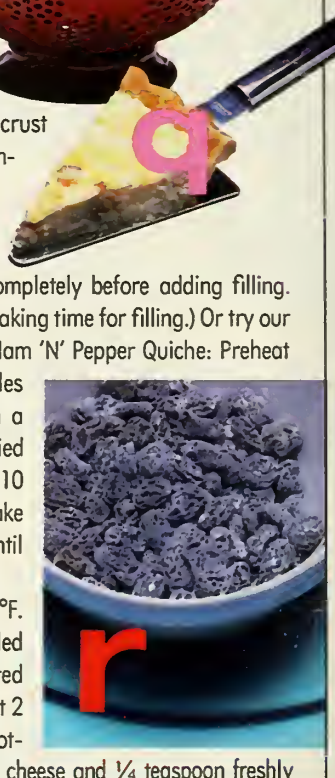
NUTS Soggy: Place shelled nuts on a cookie sheet and toast in a 350°F. oven for 8 to 10 minutes to restore crispness, revive flavor. For maximum flavor in baked goods, always toast and cool shelled nuts (walnuts, hazelnuts, almonds and pecans) before adding them to a recipe. Store in airtight contoiners up to one month.



PEACHES Hard to peel: Pour boiling water over fruit; let soak 3 minutes; plunge fruit in cold woter; peel. Or microwave on High 10 seconds; let stand 5 minutes, then peel.



QUICHE Soggy crust: The main causes are underbaking the crust and using wet vegetables (either undrained or moisture-holding—such as cooked zucchini). To fix: Remove the filling and serve that alone. Next time prebake crust completely before adding filling. (Remember, this will decrease the baking time for filling.) Or try our sog-proof recipe for *LHJ*'s Quick Ham 'N' Pepper Quiche: Preheat oven to 400°F. Prick bottom and sides of a 9-inch crust thoroughly with a fork. Line with foil; fill with dried beans or uncooked rice. Bake 10 minutes. Remove foil and beans. Bake 5 minutes more, or until golden brown.



Reduce oven temperature to 375°F. Sprinkle ¼ pound chopped boiled ham and 3 tablespoons roasted red peppers on bottom of pie shell. Beat 2 eggs; add a 15-ounce container ricotta cheese, ⅓ cup grated Parmesan cheese and ¼ teaspoon freshly ground pepper. Pour into pie shell. Bake 35 minutes or until golden and puffy. Serves 6, about 415 calories each.

RAISINS To prevent raisins from sinking to the bottom of cakes or muffins, coot them lightly with flour. To plump raisins for sauce or ice cream, place in saucepan with just enough liquid (orange juice, water or rum) to cover; simmer 3 to 4 minutes.

Photos, J. Barry O'Rourke. Prop stylist, Debrah Donahue.



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FOOD FIRST AID



SUGAR Hard, lumpy, solidified: Four solutions for hardened or lumpy sugar—from the least drastic to the last resort.

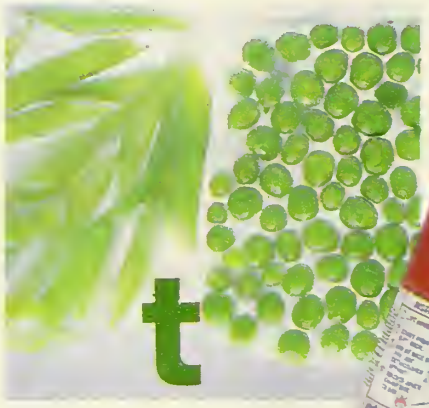
1. Roll with a rolling pin.
2. Push through a sieve.
3. Process in a food processor, blender or meat grinder.
4. Place a wedge of apple into the box or bag of sugar and reclose. Microwave on High for 20 seconds per cup of sugar. Let stand 5 minutes. Repeat if necessary.



WINE Sour: Unfortunately, there's no remedy for sour wine, so if you just bought it, return it to your wine merchant. If not, let it keep on souring, and eventually you'll have a delicious wine vinegar.

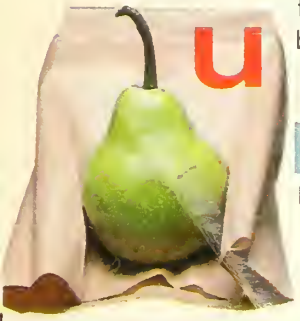
X—EXTINGUISHER Every kitchen should have one next to or within arm's reach of the stove. Teach the family how to use it.

THAWED FROZEN FOODS



When you defrost frozen foods, either intentionally or accidentally, and you have no need for them right away, you should not refreeze. Store them in the refrigerator briefly and use as soon as possible; if you can't, donate to a local soup kitchen.

Partially thawed items can be safely refrozen. Baked goods can be refrozen, although quality will suffer. Completely thawed raw fish, meat or poultry must be cooked before refreezing. Common sense is a good guide: When in doubt, throw it out.



UNRIPE FRUIT Fruit (pears, peaches, papaya, mango, avocado, tomato) will ripen more quickly if placed in a brown paper bag with a whole lime and stored at room temperature.



YEAST Expired: Old yeast won't rise. Check the expiration date on the package and if still unsure test it by adding a little to warm water with a pinch sugar. If it bubbles, it's good.

ZUCCHINI "Too many zucchini" is the cry of every vegetable gardener. So why not try making our Fresh Zucchini Pickles—a *Journal* favorite?



3 medium (1 lb.) zucchini, sliced thin; 3 medium white onions, sliced thin; 1 medium sweet red pepper, cut into ¼-inch strips; 1 tablespoon plus 1 teaspoon *uniodized* salt, divided; 6 cups water; about 12 small fresh dill sprigs; ¾ cup fresh lemon juice; ½ cup light corn syrup; 1 tablespoon sugar



In colander over a large bowl layer vegetables with 1 tablespoon salt. Cover with a plate; weight down. Let stand 1 hour. Rinse vegetables with cold water. Drain well, squeezing out liquid. Remove to a bowl. Bring water to a boil and pour over vegetables. Let stand 5 minutes. Drain; rinse again with cold water. In a 1-quart container layer vegetables with dill. In bowl combine lemon juice, corn syrup, sugar and remaining salt; stir until mixed. Pour over vegetables. Cover and store in refrigerator at least 2 days before serving. Keeps up to 1 week in refrigerator. Makes 1 quart pickles.

VEGETABLE SOUP Bland: Add chicken or beef bouillon cubes or granules to enrich a pallid soup, or select an herb or spice.

Allspice (whole): pea, ham, vegetable, beef and tomato soups.
Basil: tomato, spinach and minestrone (½ teaspoon per 4 servings).
Bay leaf: vegetable, minestrone, tomato.
Cumin: chicken, fish and pea.
Mace: a pinch to 4 cups of consommé.
Marjoram: spinach, clam and onion.
Oregano: tomato, bean, corn and pea.
Rosemary: chicken, pea, spinach, potato.
Sage: creamed soups and chowders.
Tarragon: tomato, vegetable and seafood.
Thyme: chicken, onion, potato, tomato and seafood soups; gumbo.



Photos, J. Barry O'Rourke. Prop stylist, Debrah Donahue.



A.1.® makes kabobs even kickier.



A.1.® Sweet and Sour Kabobs

1 pound lean ground beef
3/4 cup **A.1. Steak Sauce**
1/2 cup plain bread crumbs
1 egg, beaten
1 (8-ounce) can pineapple chunks in its own juice, undrained
1 medium green pepper, cut in squares
6 cherry tomatoes, halved
6 fresh mushrooms, halved
Hot cooked rice

Mix ground beef, 1/4 cup steak sauce, bread crumbs and egg; shape into 24 meatballs. Drain pineapple, reserving juice. Mix remaining steak sauce with reserved juice. Set aside.

Thread meatballs, pineapple, green pepper, cherry tomatoes and mushrooms on 6 skewers. Grill or broil kabobs 4 to 6 inches from heat source for 10 to 15 minutes or until done, turning and brushing with steak sauce mixture frequently. Serve with rice. Makes 6 servings.



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MEDINEWS

By Beth Weinhouse

Marriage and blood pressure

A new study reported in the *American Journal of Epidemiology* shows that spouses' blood pressures are often similar, and become more so the longer a couple is married. The similarity is present even when other risk factors, such as age and salt consumption, are taken into account. Researchers don't know why this occurs. But in light of the findings, if your husband is diagnosed as having high blood pressure, consider having your own checked.

Two antibiotics are better than one

Pelvic inflammatory disease (PID) is one of the most common causes of infertility. Yet a study by physicians at the Women's Hospital (a branch of the University of Southern California Medical Center), in Los Angeles, and the Centers for Disease Control, in Atlanta, found that many patients are not being properly treated. Usually a single antibiotic is prescribed to treat the disease. However, a combination of two drugs—the suggested ones are doxycycline and cefoxitin—is recommended to make sure that all the organisms responsible for PID are eradicated.

LAWN MOWER & LADDER SAFETY

Summertime is a popular season for homeowners to undertake outdoor chores. Too often, however, the result isn't home improvement . . . but a trip to the emergency room. The Insurance Information Institute reports that mishaps with lawn mowers send seventy thousand people to emergency rooms every year, while accidents with ladders are responsible for ninety thousand injuries. The institute offers some safety tips from their experts to help reduce the toll.

LAWN MOWERS ■ Be sure to keep your hands away from moving blades. ■ Make sure the blades have stopped completely before you clean them. ■ Keep children and pets a safe distance away. ■ Clear sticks, rocks and toys from the mower's path—they can become lethal projectiles if hit by the blades. ■ Don't use an electric mower if it's raining or grass is wet.

LADDERS ■ Make sure they're in good condition, and set them up carefully. Have somebody on the ground steady the ladder. ■ Replace loose rungs, broken spreaders and frayed ropes on extension ladders. ■ Never attempt to climb a wobbly ladder. ■ Remember, stepladders can be almost as risky as extension ladders.

SAFER TESTING FOR SCOLIOSIS

Scoliosis—curvature of the spine—affects 5 to 10 percent of all adolescents to some degree. Many of the young people identified through school scoliosis screening programs will be monitored with X-ray exams over several years. Concerned about the cumulative radiation exposure, the Food and Drug Administration has undertaken a campaign to promote a reduction in X-ray exposure for these young people.

At particular risk are adolescent girls, since the X-rays can increase a girl's chances of developing breast cancer later in life.

To reduce X-ray exposure, the FDA is recommending techniques that use compensating filters, fast screen/film combinations and breast shielding. When all three of these safeguards are used together, the amount of radiation exposure can be greatly reduced. According to the FDA, none of these techniques are new, and most of them are readily available, yet they are not in widespread use.

For more information, send for a free copy of the FDA's article "When the Spine Curves." Write FDA/HFZ-265, Rockville, MD 20857. Mention the article's catalog number: 85-4198.

Free medical care for diabetes

The National Institutes of Health is looking for volunteers for a Diabetes Control and Complication Trial, a research study that will be carried out at twenty-seven locations in the United States and Canada. The DCCT is comparing the ability of different forms of insulin treatment to slow or prevent the development of diabetic complications. Participants will receive the most sophisticated diabetes medical care available—at no cost—for up to six years.

Volunteers must be between the ages of thirteen and thirty-nine, have had insulin-dependent diabetes for fifteen years or less, and take no more than two insulin shots daily.

If you or anyone you know is interested in participating in the study, NIH has set up a special toll-free phone line to check that potential volunteers are eligible, and to provide more information.

In the United States call 800-522-DCCT. In Canada call 800-533-DCCT. (NIH expects to be recruiting volunteers through next spring, but call soon; as of this writing about half of the fourteen hundred volunteers needed had already enrolled.)

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TRAVEL TALK

By Ron Butler



St George's, capital of Grenada, is one of the most enchanting harbors in the Caribbean

Spicy Grenada

Sensational summer vacations —including the Caribbean, Switzerland and brisk bike tours

Low summer rates are in season now throughout the Caribbean. One of the popular area's most underrated attractions is the lush and beautiful island of Grenada, called the Spice Island because of the abundance of cinnamon, nutmeg, ginger, clove, mace and other good-smelling spices it produces. (You can pick up a souvenir box of fragrant spices or an eight-ounce jar of "Isle of Spice" honey for less than a dollar at any of the island shops.)

The island, a former colony of Britain, is just a short hop from Trinidad. Known for its flowery hills and pretty beaches, Grenada is now enjoying a surge in tourism. Its new Point Salines International Airport opened in 1984. Several new hotels have been built, and many existing hotels have expanded to accommodate the island's increasing number of visitors. The capital city, St. George's, is built on a series of steep hills overlooking a picturesque bay that forms a superb, almost landlocked harbor. The port is popular with cruise ships, and the recent lifting of harbor dues and fees makes it alluring for yacht fleets as well.

Water sports, from sailing to deep-sea fishing, are high on the island's list of priorities. With more than eighty miles of coastline and sixty-five bays, there's plenty of room for as much sunning, swimming, snorkeling and scuba diving as you want.

Not to be missed is the fabulous Saturday market in St. George's, with its colorful and plentiful displays of fresh bananas, papayas, oranges, yams, plantains, exotic roots and vegetables, and, of course, mounds of spices.

For additional information, contact the Grenada Tourism Department, 820 Second Avenue, Suite 1100, New York, NY 10017; 212-687-9554.

(continued on page P.S. 4)

Bowling bounces back

Next time you go to Atlantic City, you'll be able to test your skills in the alleys if you have a run of bad luck at the tables. The lavish new Showboat Hotel, Casino and Bowling Center has sixty state-of-the-art lanes, and the Bowling Center is one of the largest on the East Coast.

Ultramodern throughout, the bowling center features automatic scoring with Colorvision, which can be programmed for TV reception so players can watch their favorite shows while they bowl. Parents can also tune into the adjacent youth-care center to keep an eye on their little ones via closed-circuit cameras. (The children are supervised by trained personnel as well.)

For additional information, contact the center at 800-621-0200.

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continued from page P.S. 1



A mountain village in the Grisons and (below) the town square in Zuoz, in the lower Engadine



MY BEST VACATION

A FAMILY EXCURSION IN SWITZERLAND

By Constance Leisure

When we thought of Switzerland for our vacation, I envisioned the picturesque towns, good food, crisp Alpine air and verdant hillsides where Clemmie, my two-year-old daughter, could play and my husband and I could relax. With a little planning we had a perfect first visit to Switzerland, truly the land of milk and honey—or, I should say, chocolate and whipped cream.

We flew to Zurich on Swissair, an airline vastly different from others we'd experienced, domestic or foreign. The flights took off and landed with famous Swiss precision. Aboard, a steward asked where we were traveling and enthusiastically presented us with a huge map. After takeoff, Clemmie was given a grab bag of toys, including a stuffed mouse that became her favorite traveling companion.

In Zurich, we stayed for one night at the stately Hotel Eden au Lac, centrally located with a beautiful view over Lake Zurich. After a brief rest we took Clemmie to the Zurich Zoo, which was a treat for us all. Everything was so clean and the animals were displayed in natural-looking settings: A tiger frolicked in an outdoor pool; chimps and larger apes live in simulated jungles enclosed in Plexiglas. Clemmie walked right up to stare into the eyes of a curious baby gorilla.

The next day we were off into the countryside. We drove to Rapperswil, a medieval town on Lake Zurich, and saw its thirteenth-century castle. After walking by the quayside, where Clemmie fed a gaggle of lively ducks, we had an incredible lunch at Restaurant Hirschen, which specializes in game.

After lunch we headed south through the Flüela Pass. We'd chosen the route because unlike most mountain roads, this one curved gently, yet it afforded dramatic views of th high plateaus and clear glacial lakes.

We soon arrived in Scuol, a little town i the heart of the Engadine, the area we wante to explore. Scuol contains a perfectly pre served village built around two squares. Enga dine houses are large, plastered edifices deco rated with fanciful designs, heraldic shield and sayings called *sgraffiti*, a local art. Th flower-bedecked houses give a real sense o the people who populate this region. Nearby i the Swiss National Park, a forty-thousand

Typical Engadine houses decorated with *sgraffiti*, and (far right) the unspoiled village of Soglio





The smart traveler

Nonsmokers will now be able to breathe more easily when they're away from home. Airlines and hotels, influenced by vigorous antismoking campaigns, are making it more difficult for tobacco lovers to indulge. Air Canada has banned smoking on all flights from the New York area to Montreal and Toronto as well as on many of its domestic routes. And the worldwide Inter-Continental chain has designated non-smoking rooms and suites in many of its hotels throughout Europe, the Far East and the United States. Typical is the Inter-Continental New Orleans, where an entire floor is off-limits to smokers. There isn't even an ashtray or a matchbook in sight.

nature preserve known for its rare and ndant wildflowers and wildlife.

n Scuol we stayed at the comfortable rdaval Hotel. (Ask to stay in the old part if like inlaid wood paneling and atmo-ere.) The restaurant at the hotel turned out be uncommonly good, with excellent re-al specialties, including bündnerfleish (air-d beef) and regional cured meats.

ur final destination was Soglio, high in mountains near the Italian border. This is of the most unspoiled towns we've ever ed. Surrounded by chestnut trees, this n in the Grisons (Switzerland's largest on, or province) overlooks rolling green and faraway Alpine peaks. Everywhere is sound of cow bells and the scent of nly mown grass that the farmers reap by d. Soglio is famous for its walks; there are ked circuits of one to six hours in length.

Ve stayed at Hotel Palazzo Salis, once the ce of a famous Grisons family. But calling palace belies its rusticity; it's really more a large, old-fashioned hunting lodge, with huge, glazed-tile stoves in every room. ause we were so close we often took day s from our Alpine aerie down into the yards and charming border towns of Italy. this vacation we felt we had truly seen e of the loveliest parts of Switzerland.

or more information, write: The Swiss onal Tourist Office, 608 Fifth Avenue, New , NY 10020. Swissair also offers special kages; call 800-221-4750. (If you're travel-out of the large cities, you'll find it useful arry a German phrase book.)

Sleek, slim summers

Exercise can be fun. Scores of fitness-minded Americans are taking advantage of new vacation opportunities that allow them to stay fit and trim without undergoing the strict regimentation of costly spas and health centers. Take biking, for instance.

Long popular in Europe, family biking vacations are catching on in this part of the world as well. Vermont Country Cyclers gives the best of both worlds to people who want to bike without roughing it. The Country Cyclers' tours combine lodging at quaint country inns and gourmet dining with two-, three- and five-day bicycling tours through the back roads and byways of picturesque New England. Groups are limited to twenty-four cyclers and are accompanied by two experienced tour leaders, a support van and a mini-repair clinic. Rates range from $189 for the two-day weekend trip to $559 for a five-day tour through Maine. Included are double-occupancy rooms, breakfast, dinner, tips, taxes and use of safety helmets. Bike rental is extra, or you can bring your own. For a brochure and further information, write: Vermont Country Cyclers, Box 145, Waterbury Center, VT 05677; 802-244-8751 or 802-244-5215.

On the Loose, another top firm, offers a number of bicycling adventures—from weekend tours of California's historic Gold Rush Country ($269) or Wine Country ($269) to a seven-day California coastal tour and a ten-day bicycle tour of Hawaii, the Big Island ($985). Among its offerings are camping tours for the hearty (you'll sleep in tents), and scenic-inn tours. Prices include lodging, campground fees, all meals, camping equipment, tips, taxes, maps, leaders and van support. Bike rental and transfers are extra. For a catalog, write: On the Loose Bicycle Vacations, 1400 Shattuck Avenue, Suite 7, Box 55, Berkeley, CA 94709; 415-527-4005.



Progressive Travels, Ltd., of Steamboat Springs, Colorado, offers luxury bicycle tours on the Caribbean islands of St. Kitts and Nevis, featuring brilliant rain forests, powder-white beaches, centuries-old plantations and colorful West Indian towns. Limited to fifteen bikers, the eight-day tour begins with four nights in St. Kitts and three in Nevis. Priced at $1,450 per person, double occupancy, plus airfare, the tour includes the use of top-quality bicycles, sporting equipment, a daylong transfer from St. Kitts to Nevis by luxury yacht and return by private plane, lodging and most meals. The company also runs trips through the French countryside and the ski areas of Colorado. Contact Progressive Travels, Ltd., P.O. Box 775164, Steamboat Springs, CO 80477; 800-245-2229; within Colorado, call 303-879-2859.

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WOMEN GETTING AHEAD

By Shirley Sloan Fader

Coping with cranky colleagues, spending your paycheck, new jobs, and more

Women, jobs and drinking

Women seem to be able to juggle it all—marriage, children and job—without relying on liquor. Unlike men, who often develop heavy drinking patterns as they advance in their careers, women *don't* start drinking (as men do) when they succeed in supervisory or other kinds of demanding jobs, according to a new study done at the Johns Hopkins University School of Public Health.

In fact, the researchers found that regardless of the kind of job women hold—professional, clerical or service—they maintain the same kinds of drinking patterns. Those patterns usually range from total abstention to light or moderate drinking.

It may be our complicated lives that save us from excessive drinking. According to David D. Celentano, Sc.D., co-author of the study, "Women who have many roles—wife, mother, employee—may have better coping mechanisms and therefore do not resort to alcohol to solve problems." He adds, "They also may be too busy to drink."

The study defined "heavy drinking" as more than sixty drinks a month. This is the standard established by the National Institute of Alcohol Abuse and Alcoholism. In the Johns Hopkins study, only 8.1 percent of women were classified as heavy drinkers. Celentano says other studies report 21 percent of men as heavy drinkers.

Shirley Sloan Fader is a careers expert who writes and consults on the workplace.

Q Too good to be true

I often see ads that offer big money for working just a few hours a day at home. Are these for real?

A The Council of Better Business Bureaus warns that many people lose money instead of making money in these situations. To obtain the information or training promised in the advertisements, you frequently have to pay money in advance or invest in the equipment they want you to use. The Postal Service also warns against many jobs such as envelope stuffing or the assembly of small toys.

Before becoming involved in any of these work-at-home arrangements, call your local Better Business Bureau. You can also get a rundown on what to watch out for by sending for the pamphlet *Tips on Work-at-Home Schemes*. Write: Council of Better Business Bureaus, 1515 Wilson Boulevard, Arlington, VA 22209. Enclose twenty-five cents and a self-addressed, stamped business-size envelope.

Q Personality modification

A co-worker criticized me recently for being too aggressive. I usually get along well with people at work. Now I wonder if I need to change.

A Trying to remake yourself is usually a mistake. Your new personality might please the woman who sees you as too aggressive, but other co-workers and bosses with more assertive business styles might condemn the new you as phony or weak. Since you can't please everyone, it's best to try to suit yourself—and your job's requirements.

Q Money: yours and his

How do I get control of some of my salary? My husband carries on every time I spend money on myself or our children, but we can well afford what I buy.

A Many two-income couples solve this problem by agreeing that each person is entitled to spend a certain amount every month without consulting the other. Grace W. Weinstein, author of the very helpful new book *Men, Women, & Money: New Roles, New Rules* (NAL Books, New York), points out that even if your husband's salary is larger than yours, you're still entitled to an equal amount of personal money. This is a situation where many women cheat themselves. They often look only at the fact that they're earning less than their husband, forgetting that they usually contribute much more to the family in child care and home maintenance. Consequently, they have the right to the same amount of personal money as their husbands.


Lenox.

COOKING FOR TODAY

Here are some super-duper ice cream recipes from Ben and Jerry, the purveyors of that special, ultra-rich frozen confection made in Vermont.

By Ben Cohen and Jerry Greenfield with Nancy J. Stevens

ORANGE CREAM DREAM

This recipe brings back memories of the ice-cream man on summer evenings.

Prep time: 10 minutes
Freezing time: 30 minutes

- **2 eggs**
- **¾ cup sugar**
- **2 cups heavy or whipping cream**
- **1 cup milk**
- **⅓ cup frozen orange juice concentrate, thawed**
- **2 teaspoons vanilla extract**

In mixer bowl gradually whisk eggs until light and fluffy, 1 to 2 minutes. Gradually add sugar, whisking until dissolved, about 1 minute more. Pour in cream, milk, juice concentrate and vanilla; whisk until blended. Transfer to an ice-cream maker and freeze according to manufacturer's directions. Makes 5 cups, 270 calories per ½ cup.

DASTARDLY MASH

The name was coined by Fred and Cleo Alter, of the Shoreham Inn in Vermont, in the early days of our store.

Prep time: 25 minutes plus chilling
Freezing time: 30 minutes

- **½ cup raisins**
- **1 cup water**
- **½ cup pecan halves, toasted**
- **½ cup roasted, salted whole almonds**
- **½ cup semisweet chocolate chips**
- **2 squares (1 oz. each) unsweetened chocolate**
- **⅓ cup unsweetened cocoa**
- **1½ cups milk**
- **2 eggs**
- **1 cup sugar**
- **1 cup heavy or whipping cream**
- **1 teaspoon vanilla extract**

Soak raisins in the water overnight in the refrigerator.

Drain raisins. Transfer raisins to a bowl with pecans, almonds and chocolate chips. Cover and refrigerate.

In top of double boiler melt unsweetened chocolate over hot, not boiling, water. Gradually whisk in cocoa; cook, stirring constantly, until smooth. Gradually whisk in milk and cook until well blended. Cool.

In mixer bowl whisk eggs until light and fluffy, 1 to 2 minutes. Gradually add sugar, whisking until dissolved, about 1 minute more. Pour in cream and vanilla; whisk until blended.

Whisk cooled chocolate mixture into cream mixture. Cover and refrigerate at least 40 minutes. Transfer to an ice-cream maker and freeze according to manufacturer's directions. About 2 minutes before ice cream is firm, add raisin mixture and continue freezing until firm. Makes 7 cups, 260 calories per ½ cup.



What's more refreshing than a frosty bowl of home-made ice cream on a hot summer evening? Prepare for a delectable meltdown

COFFEE HEATH BAR CRUNCH

We've converted quite a few dyed-in-the-wool Heath Bar Crunch fans since introducing this flavor.

Prep time: 10 minutes
Freezing time: 30 minutes

- **4 Heath Bars (1⅛ oz. each)***
- **2 eggs**
- **¾ cup plus 2 tablespoons sugar**
- **2 cups heavy or whipping cream**

*Heath ® is a registered trademark of L.S. Heath & Sons, Inc.

(continued on page P.S. 14)

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LHJ7

DECORATING HOTLINE

By Caralee Johnson

Frequently asked decorating questions

We asked interior designers from major New York department stores for the most common questions people had before redecorating. Their answers may solve your decorating dilemmas.





Jesse Gerstein

What color scheme should I choose?



Clients often want to know what colors are in this year, says Tanny Farah, interior design director of B. Altman's. But you shouldn't base your decision on current trends. "Choose colors that you feel comfortable with and that reflect your personality," she says. Hot colors and brights like reds and yellows energize some people but can make others nervous.

Also, think about what colors will blend with the rest of your home, says Don Black, fashion administrator and director of interior design at Macy's. "Don't think of the room you're redoing as being isolated," he says. "You want the environment from one room to flow into the next so the whole house will coordinate." Then consider what type of mood you want to create and how the room will be used.

I can't afford to redecorate my entire house. Where should I start?

Spreading a small budget over an entire house can leave each room looking unfinished and sparse, so plan the overall look you want to achieve, and then concentrate on one room at a time.

After you've decided on a plan and a color scheme, start from the floor up. Select a carpet or rug first. Next choose window treatments, then fabrics, and always keep in mind how the lighting will enhance all the elements of the room. "But don't feel confined to choosing your furnishings in this order," says Tanny Farah, of Altman's. If you find a fabric you love and want to work around—in a sofa, for instance— select a floor covering to match it, then work on windows.

Budget-minded clients often want to skimp on accessories, Farah says. But that's a mistake; it's those extras that can really put the finishing touch on a room. Don't overlook special wall hangings, terrific throw pillows or an interesting sculpture that can pull a room together and give it your personal touch.

Eight ways to cool a room on a hot day

1. Clear it out. A clean room will create an airy feeling.
2. Store winter accessories and replace them with white placemats, vases, pillows. Be imaginative.
3. Replace dark rugs with light-colored throw rugs around your room, or leave the floor bare.
4. Try white or cool-colored cotton slipcovers. Be sure they're machine washable—less work for you means more time to enjoy the summer.
5. Use plants as decorative accents.
6. Replace heavy curtains with light sheers.
7. Store your heavy containers; use a variety of light straw baskets instead.
8. Clean your windows. Sparkling panes can make a room seem bigger.

I want some flexibility in my decorating decisions. I live in an apartment, but if I move into a house, I'd like to be able to use my furnishings there as well.

Just because you're contemplating a move, you don't have to put off decorating, Farah says. Invest in the basics. Look for objects that could fit into a variety of settings, and be sure to pay attention to the size of the items you buy.

Also, avoid architectural changes, such as breaking down walls and adding built-ins. And don't invest in wallpaper—give your walls a coat of fresh paint instead.

I like contemporary and traditional styles. Do I have to choose between the two?

Mixing these two styles, also known as an "updated" look, is common today, says Farah. Not only can one room be contemporary and another traditional, but the two styles can be integrated within a room.

Oriental accessories are compatible with both styles. Try a screen, a porcelain vase or an exquisite rug in a room with both contemporary and traditional pieces.

Lighting can also incorporate two vastly different periods. Track lighting can enhance an old painting, and recessed lights can be used in the same room as a chandelier.

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COOKING FOR TODAY

continued from page P.S. 10

1 cup milk
¼ cup good-quality freeze-dried coffee granules

With a sharp knife cut candy into ½- to 1-inch chunks. (You should have about 1 cup.) Place in a bowl; cover and freeze.

In mixer bowl whisk eggs until light and fluffy, 1 to 2 minutes. Gradually add sugar, whisking until dissolved, about 1 minute more. Add cream, milk and coffee; whisk until blended. Transfer to an ice-cream maker and freeze according to manufacturer's directions. About 2 minutes before ice cream is firm, add candy and continue freezing until firm. Makes 8 cups, 205 calories per ½ cup.

FRESH GEORGIA PEACH ICE CREAM

We prefer small peaches because they have more flavor and less water than large ones.

Prep time: 15 minutes plus chilling
Freezing time: 30 minutes

2 cups finely chopped ripe peaches, peeled if desired
1¼ cups sugar, divided
Juice of ½ lemon
2 eggs
2 cups heavy or whipping cream
1 cup milk

In medium bowl combine peaches, ½ cup sugar and lemon juice. Cover and refrigerate 2 hours, stirring every 30 minutes.

Remove peaches from refrigerator and strain juice into a small bowl. Return peaches to refrigerator.

In mixer bowl whisk eggs until light and fluffy, 1 to 2 minutes. Gradually add remaining ¾ cup sugar and continue whisking until dissolved, about 1 minute more. Pour in cream, milk and reserved peach juice; whisk until blended. Transfer to an ice-cream maker and freeze according to manufacturer's directions. About 2 minutes before ice cream is firm, add peaches and continue freezing until firm. Makes 8 cups, 190 calories per ½ cup.

LEMON DAIQUIRI SORBET

This is a remarkably refreshing dessert.

Prep time: 15 minutes
Freezing time: 30 minutes

3 lemons, chilled
1 cup sugar
2 tablespoons dark rum
¼ cup corn syrup
2½ cups ice water

Grate peel from 1 of the lemons; set aside. Squeeze juice from the lemons; discard pits. In medium bowl combine sugar, rum, corn syrup and ice water, stirring until sugar is dissolved. Stir in lemon juice and peel. Transfer to an ice-cream maker and freeze according to manufacturer's directions. Makes 5 cups, 120 calories per ½ cup. **E**



What says summer better than a bowl of peaches and cream? . . . creamy Georgia Peach Ice Cream

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Surrogate Mothers

RIGHT OR WRONG?

Contract pregnancies force us to question our deepest beliefs about mothers, children and the family. Is having a baby really just another job?







UPI/Bettmann Newsphotos

In the Old Testament story, two women appear before King Solomon with a child. Each woman claims to be the baby's mother, and neither will give the infant up. "Bring me a sword," the king commands, apparently intending to solve the problem by cutting the baby in half. Horrified, the real mother immediately relinquishes her claim in order to save the life of her child.

An equally emotional drama was played out before a solitary judge in a small courtroom this year. But the dilemma was far more complex than that faced by King Solomon: In the case of Baby M, the mother and father each had a claim to the child.

Mary Beth Whitehead, the child's surrogate mother, had signed a contract with a New Jersey *(continued)*

Couples and surrogates, top to bottom: Steve and Diana Chase welcome their son as surrogate Denise rests following the child's birth; Elizabeth and William Stern sob in relief after winning Baby M; the infant's surrogate, Mary Beth Whitehead, won't give up the fight; Vicki Walker isn't allowed to cuddle her daughter anymore

By Rosalind Wright and Marianne Jacobbi

couple, William and Elizabeth Stern, agreeing to be artificially inseminated with his sperm and to bear them a child for a $10,000 fee.

Such arrangements are no longer rare. With one in six American couples unable to conceive a child, and the adoption market unable to meet the demand for healthy white newborns, hiring a woman to bear an infant often seems to a desperate couple their only hope. In the past eight years, up to twenty agencies (including the Infertility Center of New York, which brought the Sterns and Whitehead together) have begun offering surrogate-parenting arrangements.

But unlike most of the six hundred surrogate-mother contract births that have taken place in the United States, this one went awry. Once she saw her tiny daughter, whom she called Sara, Mary Beth Whitehead knew she couldn't give her up.

"I'd made a mistake, the biggest one of my life. I had to set it straight," she told *Ladies' Home Journal*. Whitehead, the mother of two other children, worried constantly about the baby's being separated from her. "Being ripped away from her mother has got to affect her. People think Sara is too young to know all that transpires. But at night, I'm sure she has dreams—I'm sure she thinks of me." She refused to take the money or to relinquish her claim.

The Sterns, who named the baby Melissa, were just as emphatic: The baby was theirs. "I'm a mother like any other," Elizabeth Stern told the *Journal*. And she, too, worried constantly about how the conflict would affect the baby in years to come. "Melissa is the true victim in this case. Not the Whiteheads. Not the Sterns. But Melissa."

So the birth of a child, usually a joyous private event, became a public battle, attracting the attention of parents, ethicists and lawmakers. Surrogate motherhood itself was on trial.

But beyond the abstractions was a sunny, outgoing little girl about to celebrate her first birthday. She had two names and two sets of parents. She could not be split in half.

Mothers without children

Most of us have no difficulty understanding the motivation of couples like the Sterns: the hunger of a childless man and woman for a baby. But the reasons for becoming a surrogate mother are harder to fathom. Why does a woman bear a child she will surrender and possibly never see again?

Psychologist Hilary Hanafin, Ph.D., who screens and counsels women for the Center for Surrogate Parenting, in Beverly Hills, sees several factors in a woman's decision to become a surrogate.

"These women empathize with the infertile couple, and they feel fulfilled when they are pregnant," she says.

And some surrogates, Hanafin believes, may also need to resolve a previous loss in their lives. About 10 percent of surrogate mothers have had an abortion or a miscarriage or have previously given up a child for adoption, she says. Another authority, Philip Parker, M.D., an assistant clinical professor of psychiatry at Wayne State University School of Medicine, in Detroit, conducted a four-year study of surrogate mothers and discovered that one third of the women he studied were motivated by a need to work out a feeling of loss associated with another pregnancy or childbirth. These surrogates go through a pregnancy again,

> "There's no question; this is baby selling," an expert says.

Parker believes, in order to feel that they have set things right.

For their services, most surrogate mothers are paid approximately $10,000—a fee that is considerably less substantial than it might seem. The fee is the same now as it was eight years ago, when the first surrogate contracts were arranged. Over the course of a nine-month pregnancy, the $10,000 breaks down to just over $1.50 per hour, hardly a hefty sum for the medical and psychological risks involved. It is also well below the legal minimum wage.

Nevertheless, $10,000 can mean a great deal to a woman who is struggling to make ends meet. Surrogate-parenting centers downplay the financial need of surrogates. "We don't accept people if their only reason for doing it is money," says Hanafin. Noel Keane, the attorney who heads the Infertility Center, says the surrogates' "motivation is to help somebody, although the money would be useful.

But Nancy Reame, Ph.D., R.N., a sociate professor of parent/child nur ing at the University of Michiga found in an ongoing study first pr sented in 1984 that the average annu al household income of surrogat mothers was only just over $15,000.

Whatever their reason for becomin surrogate mothers, some women ar comfortable enough with their decisio to be open about it. Others, fearin criticism, keep their arrangement se cret. Reame, who counseled surrogate for Noel Keane's agency, found tha some of the women were reluctant t be counseled, because they feared thei secret would somehow become known Some surrogate mothers lied to thei own families. Grandparents and othe relatives were led to believe that th babies had died at birth.

"One woman," Reame says, "eve put an obituary in the paper."

Many surrogate mothers keep thei doubts and conflicts to themselves, bu their dilemma is not a private one. Th practice of bearing a child for mone compels society to confront its oldes beliefs about motherhood and family.

Wanted: one baby

Abstract theories mean little, how ever, to infertile couples who hav been able to have a child through surrogate. To these couples, surrogat mothering is not an occasion of conflic but an extraordinary act of generosity

"This is proof," says Diana Chase "that there is a God who makes ou dreams come true."

Two years ago, a leading infertilit specialist told Diana and her husband Steve, who had been married te years, that their chances of having baby were extremely low.

The couple's hopes of adopting child were soon dashed. The Chase (not their real name) learned that loca adoption agencies had waiting list that were years long.

Then Diana read a magazine articl about surrogate parenting, and th couple became convinced that surro gate motherhood was the best choic for them. "It was as close as we coul get to having a pregnancy together, says Diana.

In December 1985 they discovere the Hagar Institute, in Topeka, Kan sas. (The institute was named after th Biblical handmaiden Hagar, who bor a child for Abraham because his wife Sarah, had been unable to conceive.)

A social worker from the institut met with Steve and Diana at their hom outside Boston just before Christmas The Chases signed an agreement th same day and wrote a check for $9,500 the fee for the institute's *(continued*

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Dole Packaged Foods Co., 1987



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BEFORE AFTER



Vaseline® Intensive Care® Lotion. Starts healing dry skin on contact.

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SURROGATE MOTHERS
continued

services. Added to the fee for the surrogate and medical and legal expenses, the total cost for the Chases was a little more than $25,000.

By March, the couple had chosen a surrogate, Denise, who had been through weeks of screening at the institute. She also had two young children of her own, and her husband supported her decision.

Denise became pregnant with the first insemination. "Steve and Diana and I say we were a match made in heaven," she says proudly. During the next several months, Denise sent the Chases pictures of herself. Finally, she invited the Chases to be with her during the birth.

On the afternoon of January 8 of this year, Steve and Diana witnessed the birth of their child. Nothing had prepared them for the emotions they felt when their seven-pound, six-ounce baby boy was placed in Diana's arms.

"He was such a miracle," Steve says ecstatically. "We couldn't believe it."

Their happiness was shared by Denise. "To give people what they so dearly want is such a reward," she says.

As the Chases said good-bye to Denise several days later, they were flooded with emotion. "I started crying," says Diana. "How do you thank a person for this most precious gift?"

Hello and good-bye

In many surrogate arrangements, the couple and the surrogate decide among themselves how much contact they will have during the pregnancy. The Chases and Denise met for the first time at the hospital, but they had exchanged telephone calls and letters for several months, as many couples do. In some cases, however, the couple and the surrogate have no contact at all. In still other cases they meet before the contract is signed and decide how often they'll see each other throughout the pregnancy. Many agencies also have specific policies that they suggest the parties follow.

In a few cases, surrogates and couples reach an agreement in which a surrogate remains part of the child's life. Peggy Pressler, one surrogate mother, made such an arrangement with the California couple for whom she bore a son, Adam, two years ago. Peggy has seen the child several times since his birth. "In the long run it will be important for him," she says.

But most surrogates see their baby only at birth and during the days immediately following. Hilary Hanafin advises the surrogates she works wit to take a moment in the hospital "t see the baby, to check out the baby. T say hello and good-bye."

But what if the surrogate mothe doesn't want to say good-bye? Vick Walker, a thirty-one-year-old court re porter, agreed five years ago to be art ficially inseminated and bear a chil for her husband's oldest friend and hi wife—not for money but from a desir to help the couple. Vicki and her hus band had two children, and she hadn anticipated the loss she felt followin the birth of the child, a girl, in 1983.

"It was as if somebody had died, Vicki says. "My body was crying ou for my daughter." She consoled herse with the thought that she would be abl to see the baby as often as she wishe that was the oral agreement she' made with her friends, who lived abou ninety miles away. But after she signe the adoption papers, the couple cut he off. A birthday gift Vicki sent the chil was returned unopened with a lette "Don't send any presents. Just becaus you're her biological birth mothe doesn't mean you're her mother."

Today, Vicki feels betrayed and dev astated by the four-year separatio from the child. "What if I die befor she gets to know me?" Vicki asks de spairingly. *(continued on page 146*

Perfect!

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Real oregano. Fragrant basil. Mouthwatering garlic. Expertly blended together by McCormick®/Schilling,® the herb and spice masters.

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Ladies' Home Journal July 1987

DIANA



Why she and Charles can't agree

Turn the page for our special report

Tim Graham/Sygma for Prince of Wales Trust







Above, from top: Prince Harry may be dressed like a commando, but his nature is gentler than his older brother's. It's Prince William who's the troublemaker. Like his younger son, Charles likes to take time out to smell the flowers. Diana, alone again (right) with the boys as they wave good-bye to Daddy.



Tim Graham/Sygma for Prince of Wales Trust

He feels bored, and she feels trapped. She won't discipline the kids; he favors no-nonsense firmness. But they agree on one thing: The bloom is off their fairy-tale marriage. By Pamela Leigh

No dating service—even the most optimistic—would ever have brought them together. They couldn't be more different. He's conservative, bordering on stodgy; she's a follower of trends. He's a college graduate; she dropped out of school at fifteen. He likes classical music; she loves rock, which he can't abide. He's contemplative and idealistic; she likes discotheque and tap dancing. They don't like the same food, the same people, or the same pastimes, and to make matters worse, with a thirteen-year age gap between them, they aren't even from the same generation.

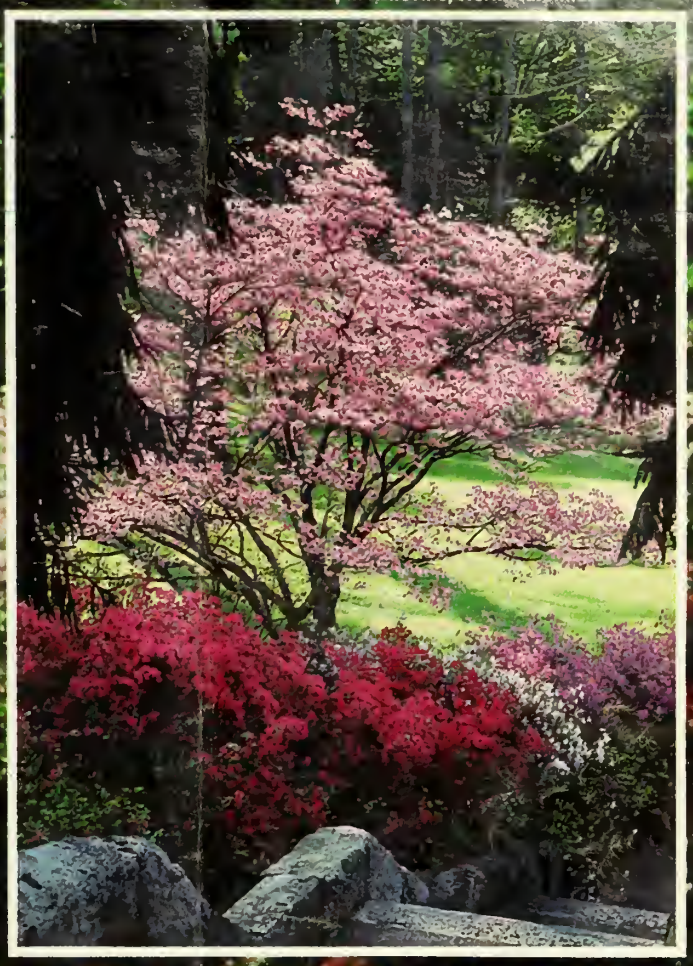
If ever a relationship was doomed not to leave the starting gate, it was this one. But this couple's wedding was witnessed by the largest audience the world has ever known. It was a marriage that transformed Diana Spencer, an obscure kindergarten aide, into the world's most recognizable face. And in the heady romance of the moment, everyone adored the blushing bride, while the dull and not very dashing Prince Charles was transformed overnight into Prince Charming. But as the royal couple celebrate their sixth wedding anniversary this month, it becomes glaringly apparent that the more Diana and Charles stay together, the more they grow apart. The seven-year itch appears to have stricken the future King and Queen of England a full year before it was due.

And because this nothing-in-common couple are anything but common, divorce or even separation is not an option they can even think about. Compounding the problem is that no matter what they do, say or feel about each other, it is always public. The smallest *(continued on page 147)*



Courtesy Winterthur Museum and Gardens

Colorful azaleas are among the most popular flowering shrubs in gardens and they're especially beautiful alongside winding paths. Left, azalea bushes on Oak Hill at Winterthur Garden, in Winterthur, Delaware; below, the Azalea Garden at Biltmore Estate, in Asheville, North Carolina.



Courtesy The Biltmore Company

great GARDENS!

A dazzling view of America's most magnificent gardens—blooming inspiration for your own backyard!

By Marilyn D. Glass, Decorating and Design Editor



Courtesy Old Westbury Gardens



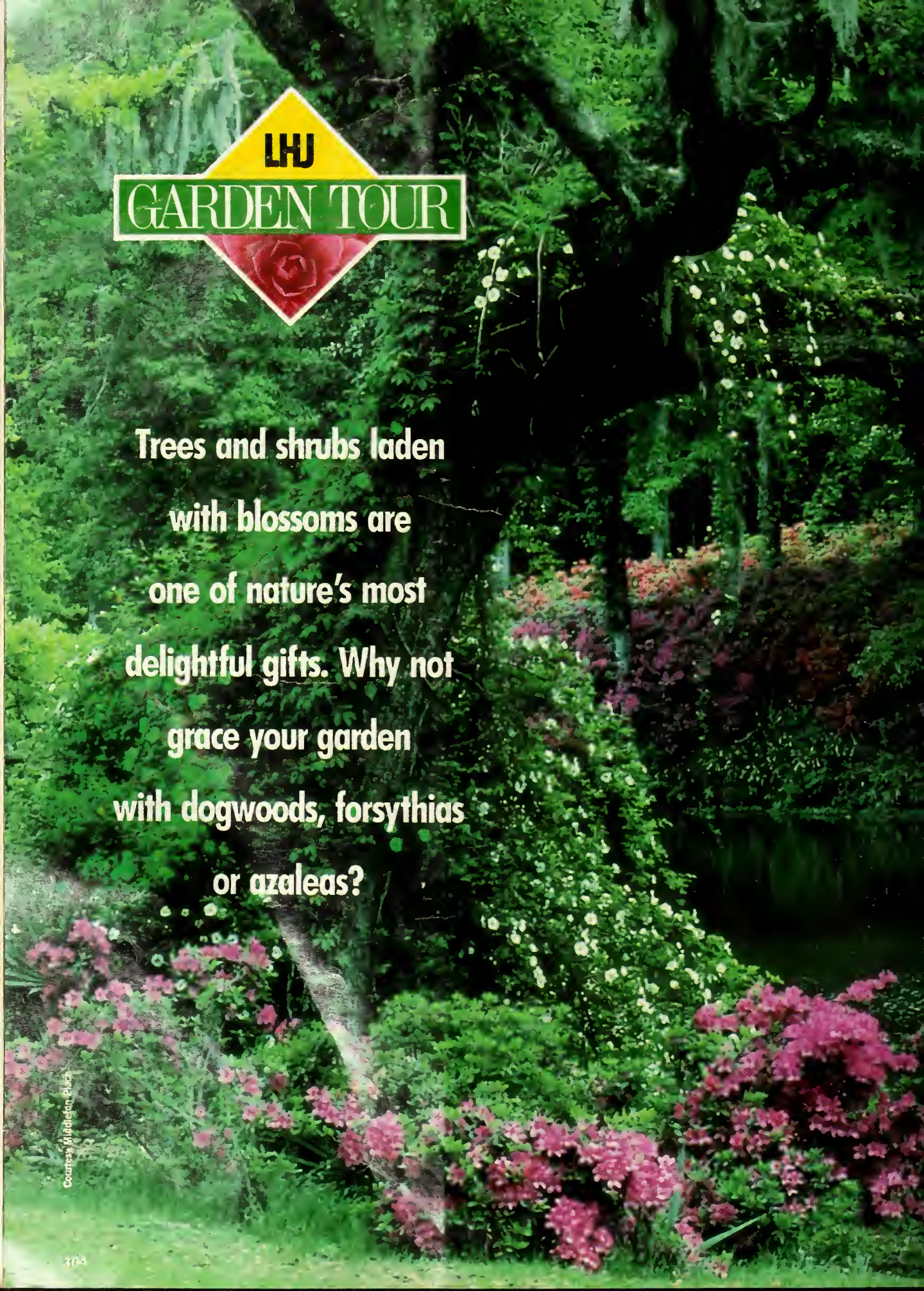


Courtesy The Hibbard Company



Michael Mefford Wheeler Pictures

Large photo, the Walled Garden at Old Westbury Gardens, Westbury, New York; far left, the English Walled Garden at Biltmore Estate, filled with fifty thousand (!) red and yellow tulips; left, detail of the Rockefeller Garden, in Seal Harbor, Maine.


LHJ
GARDEN TOUR
Trees and shrubs laden with blossoms are one of nature's most delightful gifts. Why not grace your garden with dogwoods, forsythias or azaleas?
Courtesy Middleton Place



Lynn Hunton, courtesy Filoli Gardens



Robert Andrews, courtesy Dumbarton Oaks

Large photo, the Azalea Hillside, shaded by large trees along Rice Mill Pond, at Middleton Place, in Charleston, South Carolina; top, a dogwood tree in full bloom at Filoli, in Woodside, California; above, a glorious burst of yellow on Forsythia Hill, at Dumbarton Oaks, in Georgetown, District of Columbia.

For more information, turn to page 138.

AMERICAN

Inspired by the memorable meals in our favorite American tales, we created recipes



TOM'S CRISPY CATFISH

They fried the fish and were astonished, for no fish had ever seemed so delicious before. They did not know that the quicker a fresh-water fish is on the fire after he is caught the better he is; and they reflected little upon what a sauce open-air sleeping, open-air exercise, bathing, and a large ingredient of hunger makes, too.

THE ADVENTURES OF TOM SAWYER, BY MARK TWAIN

HORS D'OEUVRE A LA JAY GATSBY

At least once a fortnight a corps of caterers came down... buffet tables were garnished with glistening hors d'oeuvre. In the main hall a bar with a real brass rail was set up, and stocked with gins and liquors and with cordials.

THE GREAT GATSBY, BY F. SCOTT FITZGERALD



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CLASSICS

exceptional as the writings from which they came. Truly food for thought!



Thom DeSanto

TWELVE OAKS BARBECUE

Even before Twelve Oaks came into view Scarlett saw a haze of smoke hanging lazily in the tops of the tall trees and smelled the mingled savory odors of burning hickory logs and roasting pork...the fragrance of pound cake topped with sweet whipped cream. Most of the young ladies were seated with partners on the long benches that faced the tables, but Scarlett, realizing that a girl has only two sides and only one man can sit on each of these sides, had elected to sit apart so she could gather about her as many men as possible. She dropped her eyes to her plate and nibbled daintily on a beaten biscuit with an elegance and an utter lack of appetite that would have won Mammy's approval...

GONE WITH THE WIND, BY MARGARET MITCHELL

AMERICAN CLASSICS

Try them all and you'll agree: One taste is worth a thousand words

Recipes begin on page 136



Thom DeSanto

THE MARCHES' TEA TREATS

Then Jo and Meg, with a detachment of the bigger boys, set forth the supper on the grass, for an out-of-door tea was always the crowning joy of the day. The land literally flowed with milk and honey on such occasions, for the lads were not required to sit at table, but allowed to partake of refreshment as they liked—freedom being the sauce best beloved by the boyish soul. They availed themselves of the rare privilege to the fullest extent, cookies were sown broadcast over the field, and apple-turnovers roosted in the trees like a new style of bird.

LITTLE WOMEN, BY LOUISA MAY ALCOTT



UP-IN-MICHIGAN TROUT

Nick was cooking the trout now. The bacon was curled brown on a fresh cut chip of wood from the piece of fallen timber they were using for the fire and they both smelled the trout cooking in the bacon fat. Nick basted them and then turned them and basted them again.

THE NICK ADAMS STORIES, BY ERNEST HEMINGWAY

Excerpted from THE NICK ADAMS STORIES. Copyright © 1972 Ernest Hemingway Foundation. Reprinted with the permission of Charles Scribner's Sons.

CAPTAIN AHAB'S CHOWDER

Upon making known our desires for a supper and a bed, Mrs. Hussey ushered us into a little room, and seating us at a table spread with the relics of a recently concluded repast, turned round to us and said—"Clam or Cod?" However, a warm savory steam from the kitchen served to belie the apparently cheerless prospect before us. But when that smoking chowder came in, the mystery was delightfully explained. Oh, sweet friends! hearken to me. It was made of small juicy clams, enriched with butter, and plentifully seasoned with pepper and salt.

MOBY-DICK, BY HERMAN MELVILLE



THE PERFECT VACATION

a first-class beauty and fashion guide

A great getaway can mean anything from an exotic week in Hawaii to a relaxing weekend at the shore. But whatever your travel plans, you'll want to look fabulous. Before you go anywhere this summer, check out these eight pages chock-full of must-know info and best-ever ideas for a truly mistake-proof trip.





Aloha, Hawaii! Our dream vacation has finally come true ... a flowery greeting

By Lois Joy Johnson, Beauty and Fashion Editor



For left, two-piece white knit outfit of Fortrel and cotton by Bernie Blue. Left, blue-and-white-striped knit top of Celanese Fortrel and cotton by Bernie Blue. Above, plaid shorts and tank of Fortrel and cotton by Tail. Details, page 138.

Tohru Nakamura

DE-STRESS YOUR ARRIVAL

A trip takes its toll on your body, whether it's a six-hour flight or a two-hour drive. Try this four-step stress-buster and *relax* before you plunge into the fun.

Refresh body and mind with a soothing shower or bath and cleanse with a tingly gel to stimulate circulation. We like Vaseline Intensive Care Moisturizing Foam Bath and Neutrogena Rainbath Shower and Bath Gel.

Rehydrate face (a must after a flight) by applying a rich moisturizer such as Oil of Olay Beauty Fluid.

Revive and depuff tired eyes instantly by covering them with cold-water–soaked tea bags for ten minutes.

Restore energy (if you have an extra twenty minutes or so) with a quick catnap.

HOW TO PACK IT UP

What to do when you open your suitcase and find everything wrinkled? Avoid disaster *before* arrival with these tips for foolproof packing.

- Always place heaviest items on bottom of bag. Then layer on trousers, skirts, shorts. Next, shirts and sweaters. Finally, pack delicate dresses and lingerie on top.
- Roll clothing that won't wrinkle, such as sweats, socks, nightgowns and swimsuits.
- Keep your easily creased items—suits, dresses and jackets—in their plastic dry cleaner bags to cushion them and minimize wrinkles.

Makeup these eight pages by Rex. Hair, Sacha Cohen for Jean-Louis David. Travel courtesy of Delta Airways; photographed at Kona Village on the Beach at Kaupulehu, Hawaii.



LOW-CAL INDULGENCES

We know that one of the best parts of a vacation is dining out on foods you don't normally eat. However, since it's far better to come home with fabulous memories, not five extra pounds, here are some luscious alternatives to tempting (but fattening!) fare.

Breakfast Instead of a three-egg omelet with four sausage links (640 calories), go for a fruit-full blueberry muffin and ¼ cup fresh pineapple chunks (230 calories).

Lunch Skip the greasy double cheeseburger and french fries (820 calories) and opt for a crisp chef's salad sans dressing (350 calories).

Dinner Rather than an eight-ounce sirloin steak (550 calories), order a succulent 1¼-lb. lobster (150 calories).

Drinks A piña colada (600 calories) may seem like heaven, but a kir royale (180 calories) is just as satisfying.

Tohru Nakamura



Tohru Nakamura

BEAUTY AND THE BEACH

Earn rave reviews surf-side with these beach basics:

The essentials Several terry-cloth bands or fabric-covered elastics for post-swim ponytails; a wide-brimmed hat; sunscreen with an SPF appropriate to your skin type; wide-tooth comb; gel or conditioner with sunscreen to shape, moisturize, protect hair; sunglasses (the best have polarized or mirrored lenses—go for bold frames in matte gold, tortoiseshell, white or black); a pair of waterproof sandals.

Minimal makeup Eyes need just a coat or two of waterproof mascara in attention-getting blue! Look for Maybelline Fresh Lash 24-Hour Mascara in Cruise Blue or Cover Girl Lasting Performance Mascara in Sapphire. Keep lips lush-looking *and* protected with a sunscreen lip balm under a soft and shimmery opaque lipstick.

how to look cool in the heat of the day

- Choose supersheer makeup that shows off summer skin: Treat lips, cheeks and nails to clear pinks, rosy apricots. Line eyes and coat lashes with teal, aqua, turquoise or cobalt blue; shade with peach, melon, yellow.
- Keep hair squeaky clean by washing as often as needed with a mild shampoo like Ivory by Procter and Gamble. If hair is oily, try a deep-cleansing oil-free shampoo, such as Agree by Johnson and Johnson. Fast solutions for limp or frizzy hair: an oversize bow at the nape, a slinky snakeskin headband.
- Counteract your overproductive sebaceous glands without dehydrating skin by washing with an oil-free soap or a milky, water-soluble cleanser twice a day; use a low-alcohol toner, light noncomedogenic water-based moisturizer and oil-absorbing scrub or masque twice a week. Here are some great oil busters to try: Pureness Oil Blotting Cake by Shiseido, Noxzema Antiseptic Skin Cleanser, Almay's Oil-Free Moisture Lotion, Revlon's Moon Drops Anti-Aging Moisturizer For Oily Skin or Avon's Pure Care Oil-Absorbing Mask.

Inset far left, tennis outfit of Fortrel and cotton by Tail. Makeup at right by Revlon. Details, page 138.





Here we are after an invigorating game of tennis (clown!) and learning the how-tos of hula.

Tohru Nakamura

IN THE HEAT OF THE NIGHT

Intensify the glow of sun-kissed skin with tinted moisturizers and bronzy blushers (dusted on lightly all over, with more color on cheeks, temples and bridge of nose).

Make sparks fly by glazing bare eyelids and lips with gold or silver shimmer. We like Merle Norman's Gold Frosting and Silver Frosting for lips, Gold and Silver Lamé For Eyes. Accent eyes with a liquid pen liner such as Almay's Eye-Defining Liquid Liner in Teal Storm or Charles of the Ritz Perfect Precision Eyeliner in Classic Navy.

Create drama with a nighttime hairstyle that's sexy and sophisticated: a hightop ponytail secured with a chiffon scarf or silvery ribbon wrap. Also alluring—soft, tousled curls: Comb styling glaze through just-damp hair. Bend over and dry hair upside down with a diffuser as you scrunch, holding one-inch sections under heat until dry. Shake out. You'll look as beautiful as a sunset . . .





EASY EATING

A month of summertime menus

When we featured our first month of easy menus last January, we based it on new research about how families really eat today. We knew the meals we created suited your lifestyle: All were both nutritious and delicious and, of course, finished in a flash. We asked then if you wanted us to provide a month of summertime menus—and your response was an enthusiastic yes! To make this July your most relaxed ever, we've planned a slew of fast weekday dinners, plus more festive weekend meals. For more easy eating, just turn the page.

By Jan Turner Hazard, Food and Equipment Editor



Indian Lamb Kabobs with curry mayonnaise


Cold Minted Pea Soup
Walnut Roll with Blueberry Cream



Photo: D. Barry O'Rourke. Prop stylist, Debrah Donahue. Food stylist, Andrea Swenson.



Hot Fudge Sundae Cake

WEEKDAY WINNERS

July means long, hot, busy days, and we know the last thing you want to do with your free time is spend it cooking. That's why we've planned each day with quick-cooking options that make the most of the microwave, and include pick-up-and-add-to meals from the supermarket salad bar. We've also created cool salads and unusual pastas, plus some inventive new uses for leftovers. On the next page, a treat: fresh fruit summer pies and our month of menus. Turn to page 123 for our easy eating recipes.



Photo, J. Barry O'Rourke. Prop stylist, Debrah Donahue. Food stylist, Andrea Swenson.

EASY AS PIE

Now's the right time to take advantage of summer's bounty of fruits and berries. And whether you pick them, buy them at a farm or grow your own, we know you'll agree that one of the best ways to enjoy fresh fruit is in pies. That's why we've created six pies for you to bake—including plum and strawberry—sure to be sunny finales to all your summer meals. And to savor this summer's fruit next fall, just follow our simple instructions to make and freeze as many mouth-watering pies as you please! Left: a ready-to-eat peach and a ready-for-freezer raspberry. Now turn to page 127 for our pie chart.

A Month of Menus

Your most carefree July ever—guaranteed!

PICK UP AND ADD TO · **ENTERTAINING** · **THIRTY-MINUTE** · **LOW-CAL** · **WEEKEND** · **MICROWAVE**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 *Sausage Pizza Tossed salad Poached pears with chocolate sauce	**2** *Tropical Seafood Salad French bread Microwave sundae	**3** Box lunch picnic: *Cold Minted Pea Soup Broiled chicken Cherry tomatoes Rice salad *Grohom Muffins Strawberries	**4** *Fourth of July Barbecued Brisket Coleslaw Potato salad Watermelon *Walnut Roll with Berry Cream
5 Brisket sandwiches *Corn and Black-Eyed Pea Salad with Salsa Dressing *Raspberry Pie (see p. 127)	**6** *Microwave Chili Relleno Pie Tossed green salad Warmed flour tortillas Cantaloupe wedges with lime	**7** *Greek Shrimp Salad Garlic bread Baklava	**8** NIGHT OFF	**9** *Louisiana Smoky Burgers Oven fries Cucumber salad Peaches 'n' cream	**10** Ham steaks with red-eye gravy Corn Green beans *Hot Fudge Sundae Cake	**11** *Home-Smoked Turke Breast Wild rice salad Fresh garden peas *Strawberry Pie (see p. 127)
12 Brunch: Mixed fruit compote Scrombled eggs with chives *Plum Kuchen	**13** *Smoked Turkey Salad with raspberry dressing Crusty bread Chocolate cheesecake	**14** *Tuna-Red Pepper Pasta Tossed green salad Breadsticks Gelato	**15** *Arroz Con Pollo Green beans Flan or custard	**16** EAT OUT	**17** Grilled flank steak *Jicama Slaw Sliced tomatoes and avocados Honeydew melon	**18** *Indian Lamb Kabobs Rice Raita (yogurt and grated cucumbers) Green bean salad Coconut ice cream
19 *Red Snapper-Summer Vegetable Bake Warm crusty peasant bread *Plum Pie (see p. 127)	**20** *Thai Beef Salad Crackerbread or rice crackers Cherries	**21** *Chicken Liver Kabobs Rice Peas Cookies	**22** *Pasta and Smoked Mozzarella Salad Italian bread Neapolitan ice cream	**23** Grilled pork chops Fresh corn on the cob Broccoli *Chocolate Mint Pie	**24** ORDER PIZZA	**25** Barbecued chicken *Beans and Hominy Casserole Carrot salad Chocolate chip ice cream
26 *Pastitsio Green salad with olives, artichoke hearts and roasted red peppers *Cherry Pie (see p. 127)	**27** Sauteed turkey cutlets *Bulgur Solad with Orange and Cucumber Sliced tomatoes Grapes	**28** *Pastitsio (leftover) Toasted garlic pita wedges *Hot Fudge Sundae Cake (see July 10)	**29** Broiled lamb chops Microwave-boked potatoes Spinach *Peach Cream Delight	**30** FAST FOOD	**31** Broiled scallops *Confetti Rice Salad Sliced tomatoes .Watermelon wedges	*Recipe give

Illustrations, Richard Osaka



THE ALBA® SWIMSUIT ISSUE

Age 19 doesn't have a monopoly on looking and feeling terrific. And here are three women to prove it. What's more, they'll even tell you how they do it. Just turn the page for hot weather tips and cool ALBA treats. Then get ready to make a splash this summer.

Recipes Inside.



11-inch rectangle. Sprinkle with ings, 430 calories each.

¾ cup all-purpose flour *(continued)*

EASY EATING
continued

- ¾ cup graham cracker crumbs
- 1½ teaspoons baking powder
- Pinch salt
- ¼ cup butter or margarine
- 2 eggs, lightly beaten
- ½ cup milk
- ¼ cup honey
- ½ cup chopped pecans
- 2 tablespoons brown sugar

Preheat oven to 400°F. Grease twelve 2½-inch muffin-pan cups. In medium bowl combine dry ingredients; mix well. With pastry blender or 2 knives, cut in butter or margarine until mixture resembles coarse crumbs. In small bowl beat eggs with milk and honey until well combined. Add to dry ingredients all at once, stirring until just moistened. (Don't overmix; batter should be lumpy.) Spoon into prepared muffin cups, filling each about three quarters full. Sprinkle on nuts, then sieve brown sugar over muffins. Bake 20 to 25 minutes. Cool on wire racks. Makes 12, 165 calories each.

JULY 4

FOURTH OF JULY BARBECUED BRISKET

Prep time: 30 minutes plus marinating
Cooking time: 8 hours

- 3 tablespoons freshly ground pepper
- 3 tablespoons paprika
- 2 tablespoons salt
- 9- to 10-pound beef brisket

Mop Sauce

- 1 cup beef broth
- ⅓ cup salad oil
- 3 tablespoons Worcestershire sauce
- 3 tablespoons cider vinegar
- 1 teaspoon Louisiana hot sauce
- 1 teaspoon chili powder
- 1 teaspoon paprika
- 1 teaspoon dry mustard
- ½ teaspoon salt

Barbecue Sauce

- 2 tablespoons salad oil
- 2 cups diced onions
- 3 tablespoons minced garlic
- 2 tablespoons chili powder
- 1 cup ketchup
- 1 cup strong-brewed coffee
- ½ cup Worcestershire sauce
- ½ cup cider vinegar
- ½ cup firmly packed brown sugar
- 1 can (4 oz.) green chilies, drained and chopped
- 2 teaspoons salt

- 6 to 8 cups mesquite chips

In small bowl combine pepper, paprika and salt. Rub well over brisket. Wrap tightly and refrigerate overnight.

Mop Sauce: In wide-mouth jar or container combine all ingredients. Refrigerate until ready to use.

Barbecue Sauce: In large saucepan heat oil over medium-high heat. Add onions and saute until translucent, about 5 minutes. Add garlic and chili powder; saute 1 minute more. Stir in remaining ingredients. Bring to a boil; reduce heat and simmer 30 to 45 minutes, until thickened. Cool. Transfer to a food processor; puree. Cover and refrigerate at least 24 hours. *(Can be made ahead. Cover and refrigerate up to 2 weeks. Reserve ½ cup sauce for burgers, July 9.)* Serve warm. Makes 4 cups, 25 calories per tablespoon.

About 30 minutes before cooking, soak mesquite chips in water. Place a disposable roasting pan in center of the bottom of a kettle grill. Arrange 25 charcoal briquettes on 2 sides of pan. Ignite charcoal. When coals are hot and covered with white ash, add about ½ cup drained mesquite chips to each side. (The more chips you use, the smokier the flavor.)

Remove brisket from plastic wrap and grill covered 8 hours, basting well with Mop Sauce and adding more charcoal and chips every 45 minutes. After 4 hours, turn meat. If desired, place Barbecue Sauce in a heatproof container on grill about 2 hours to add smoky flavor. Serve brisket with Barbecue Sauce. *(Reserve 2 pounds brisket to make sandwiches, July 5.)* Makes twenty-eight 4-ounce servings, 500 calories each without sauce.

WALNUT ROLL WITH BLUEBERRY CREAM

pictured on page 119

Prep time: 45 minutes
Baking time: 20 to 25 minutes

- 1⅓ cups ground walnuts
- 1 teaspoon baking powder
- ½ teaspoon cinnamon
- 6 eggs, separated, at room temperature
- ¾ cup granulated sugar, divided
- ⅛ teaspoon salt
- Confectioners' sugar

Filling

- ¾ cup heavy or whipping cream
- ¼ cup confectioners' sugar
- 1 tablespoon dark rum
- ½ teaspoon vanilla extract
- 1½ cups blueberries

Preheat oven to 350°F. Grease a 15½x10½-inch jelly-roll pan. Line with wax paper; grease and flour paper.

In medium bowl combine walnuts, baking powder and cinnamon; set aside. In large mixer bowl beat egg yolks at high speed 1 minute. Gradually add ½ cup granulated sugar; beat minutes until pale and thick. With rubber spatula fold in walnut mixtur until well combined. In another larg mixer bowl beat egg whites and sa until foamy. Gradually add remainin ¼ cup granulated sugar; beat unt stiff but not dry. Gently fold on third of the whites into walnut mi ture, then fold in remaining white Pour batter evenly into prepared pa Bake 20 to 25 minutes, until toothpic inserted in center comes out clean.

Meanwhile, generously sprinkle clean kitchen towel with confectioner sugar. When cake is done, immediat ly invert onto towel and carefully r move wax paper. Lifting from the lon side, roll cake up with towel jelly-ro fashion. Cool completely.

Filling: In large mixer bowl bea cream until soft peaks form. Add co fectioners' sugar, rum and vanill beat until stiff. Fold in blueberries.

When cake is cool, unroll and sprea on filling; roll up again. Transfer cak seam side down to a serving plate. R frigerate. Makes 12 servings, 245 cal ries each.

JULY 5

CORN AND BLACK-EYED PEA SALAD WITH SALSA DRESSING

Prep time: 15 minutes
Cooking time: 15 minutes

- 1 cup water
- 1 package (10 oz.) frozen black-eyed peas
- 1 package (10 oz.) frozen corn, thawed and drained
- ½ cup finely diced green pepper
- 2 green onions, sliced

Salsa Dressing

- 2 garlic cloves
- ½ small jalapeño pepper
- 3 plum tomatoes, quartered
- ¼ cup cilantro leaves
- ¼ cup lemon juice
- 1 tablespoon olive oil
- 1 teaspoon salt
- ½ teaspoon freshly ground peppe

In small saucepan bring the water to boil. Add peas; return to boiling. Redu heat and simmer covered 12 minute Drain and rinse under cold water.

Meanwhile, in large bowl combi black-eyed peas, corn, green pepp and green onion; set aside.

Salsa Dressing: In food processor wi machine on, drop garlic and jalapei through the feed tube and chop fin Add remaining ingredients and pul on and off until coarsely chopped.

Combine salsa with vegetables ar black-eyed peas. Makes four 1-cu servings, 240 calories each. *(continue*

JULY 6

MICROWAVE CHILI RELLENO PIE

Prep time: 10 minutes
Microwave time: 13 minutes

Sauce

- 1 teaspoon salad oil
- ½ teaspoon minced garlic
- Pinch oregano
- Pinch freshly ground pepper
- 1 can (8 oz.) tomato sauce

- 6 eggs
- ½ cup plain low-fat yogurt
- ¼ teaspoon salt
- ¼ teaspoon freshly ground pepper
- 2 cups shredded Monterey jack cheese, divided
- 1 can (4 oz.) whole mild green chilies, cut into strips

Sauce: In microwaveproof bowl combine oil, garlic, oregano and pepper. Cover; microwave on High 1 minute. Add sauce; microwave covered 1 minute.

Grease a 10-inch microwaveproof pie plate with vegetable cooking spray. In bowl whisk eggs, yogurt, salt and pepper until well combined. Stir in 1½ cups cheese and the chilies. Pour into pie plate. Microwave uncovered on High 10 minutes, rotating dish a half turn halfway through cooking. Spread sauce evenly on top, then sprinkle with remaining cheese. Microwave 1 minute more or until cheese is melted. Makes 6 servings, 205 calories each.

JULY 7

GREEK SHRIMP SALAD

Prep time: 10 minutes
Microwave time: 10 to 11 minutes

Dressing

- ¼ cup salad oil
- 2 tablespoons red wine vinegar
- ¾ teaspoon salt
- ½ teaspoon freshly ground pepper

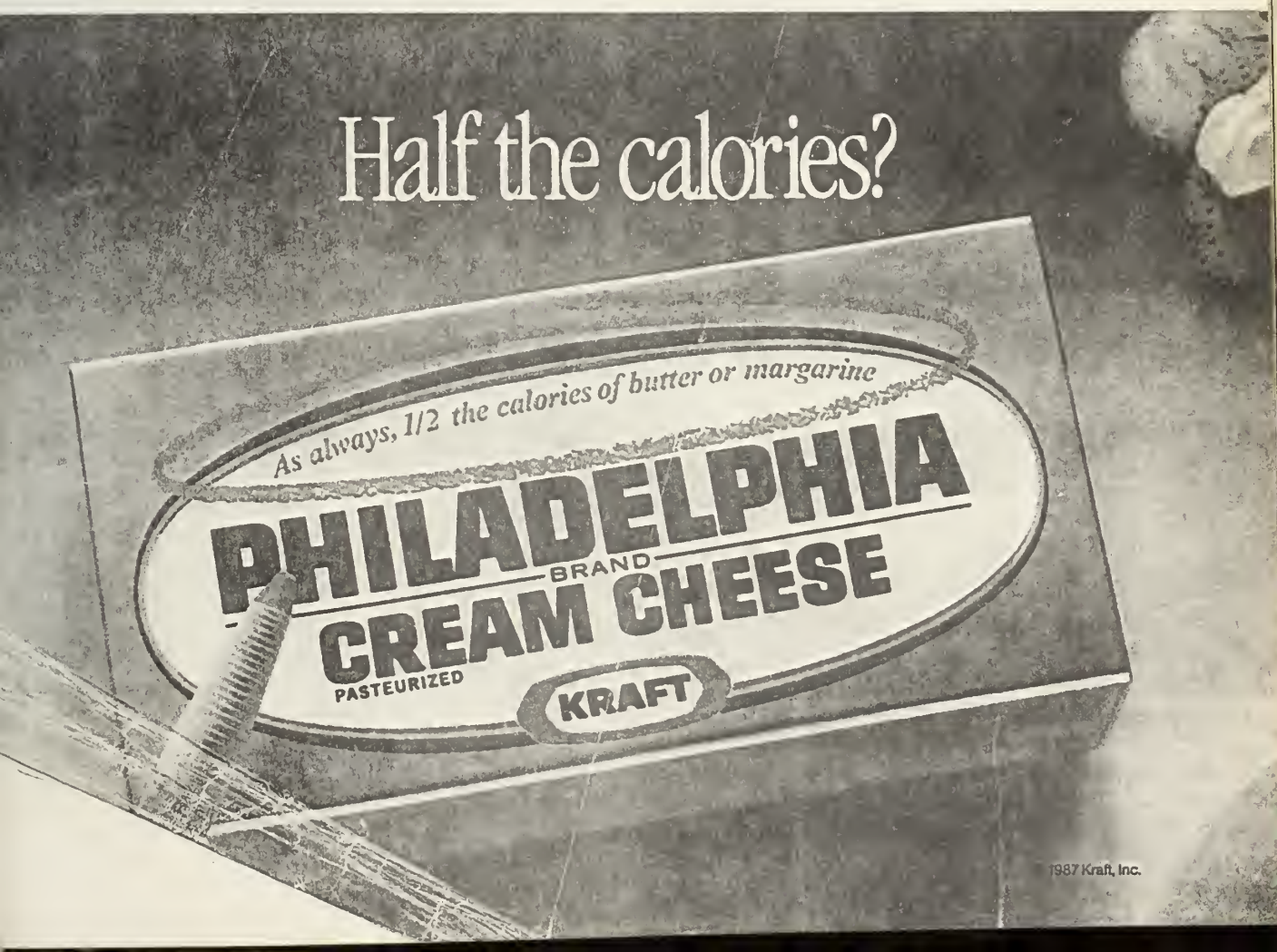
- 1 pound red potatoes, cut up
- ¼ cup mayonnaise
- ¼ teaspoon salt
- ½ pound shrimp, shelled and deveined
- 1 tablespoon butter or margarine
- 1 teaspoon lemon juice
- 4 ounces crumbled feta cheese
- 4 anchovy fillets

Salad bar items:

- 7 red onion slices, divided
- ¾ pound shredded iceberg lettuce (about 6 cups)
- 4 green pepper rings
- ½ cup croutons
- 6 ripe olives
- 4 pimiento-stuffed olives

Dressing: In jar with tight-fitting lid combine all ingredients; set aside.

Place potatoes in a microwaveproof dish. Cover with plastic wrap; pierce for vents. Microwave on High 6 to 7 minutes, turning potatoes halfway through. Let stand 5 minutes. Dice enough onion to equal 1 tablespoon. *(continued)*



Betty Crocker

Sudden SALAD



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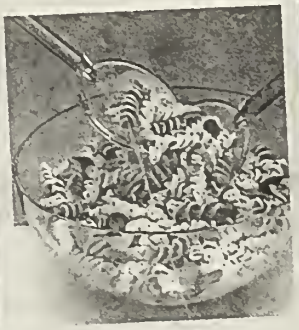
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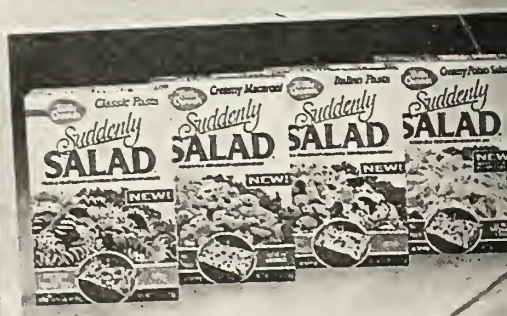
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EASY AS PIE

• Make pastry for double-crust pie (recipe on page 126).

• In large bowl combine all filling ingredients except butter. Let stand 15 minutes.

• On lightly floured surface roll 1 piece pastry into 12-inch circle about ⅛ inch thick. Line 9-inch reusable aluminum pie pan with pastry. Spoon in filling. Dot with butter. Roll another pastry ball into 12-inch circle. Cut into ten 1-inch-wide strips. Weave strips 1 inch apart in lattice pattern over filling. Trim pastry, leaving 1½-inch overhang. Fold overhang up over strips; flute edge. Brush pastry with beaten egg.

4. Place cookie sheet on middle rack in oven. Preheat oven to 450°F. Bake pie on heated cookie sheet 20 minutes. Reduce oven temperature to 375°F. Bake 35 to 40 minutes more, until crust is golden and fruit is bubbly. Transfer to wire rack; let stand at least 1 hour. Makes 8 servings.

To freeze: Make pies through step 3. Wrap unbaked pies separately in plastic wrap and freeze up to 2 months.

Unwrap and bake frozen pie on heated cookie sheet in preheated 450°F. oven 20 minutes. Reduce oven temperature to 375°F. Bake 1 hour more or until crust is golden and fruit is bubbly.

FRUIT FOR 1 PIE	SUGAR	QUICK-COOKING TAPIOCA	LEMON JUICE	ADD	BUTTER	CALORIES PER SLICE (⅛ pie)
Strawberry 6 cups halved	¾ cup	3 Tb.	2 Tb.		1 Tb.	420
Raspberry 6 cups	1 to 1½ cups	3 Tb.	2 Tb.	¼ tsp. almond extract	1 Tb.	490
Blueberry 6 cups	¾ cup	3 Tb.	2 Tb.	¼ tsp. cinnamon	1 Tb.	445
Peach 6 cups peeled and sliced	¾ to 1 cup	3 Tb.	2 Tb.	½ tsp. vanilla extract Pinch nutmeg	1 Tb.	440
Plum 6 cups sliced	1 cup	3 Tb.		2 Tb. orange juice ½ tsp. vanilla extract ¼ tsp. grated orange peel	1 Tb.	460
Tart cherry 4 cups pitted	¾ to 1 cup	3 Tb.	2 Tb.	¼ tsp. vanilla extract ⅛ tsp. cinnamon	1 Tb.	410





EASY EATING
continued

Add to potatoes with 2 tablespoons dressing, mayonnaise and salt. Mash lightly; stir to combine.

In microwaveproof dish combine shrimp and butter. Cover with plastic wrap; pierce for steam vents. Microwave on Medium 3 minutes. Remove any shrimp that are pink. Microwave remaining shrimp on Medium 1 minute more. Sprinkle with lemon juice.

Mound potatoes in center of a platter. Cover with lettuce. Arrange remaining onion slices and remaining salad bar items on top. Pour remaining dressing over salad. Makes 4 servings, 490 calories each.

JULY 9

LOUISIANA SMOKY BURGERS

pictured on page 120

Prep time: 15 minutes
Cooking time: 8 minutes

Sauce

- 1 tablespoon salad oil
- ⅓ cup chopped onion
- ⅓ cup chopped green pepper
- ⅓ cup chopped celery
- ⅓ cup seeded, chopped tomato
- 2 teaspoons liquid smoke
- ½ cup Barbecue Sauce (from brisket, July 4)

- 1½ pounds ground beef
- ½ teaspoon ground red pepper
- ½ teaspoon salt
- ½ teaspoon freshly ground pepper
- 1 garlic clove, pressed
- ¼ teaspoon cumin
- ¼ teaspoon white pepper
- ¼ teaspoon thyme
- ¼ teaspoon oregano
- 4 onion rolls, split and toasted

Sauce: In skillet heat oil over medium heat. Add vegetables and saute 5 minutes. Add remaining ingredients.

Prepare grill or preheat broiler. In medium bowl combine beef with spices and ¼ cup sauce. Shape into 4 patties. Grill or broil about 4 minutes per side for medium-rare. Serve on rolls, topped with remaining sauce. Makes 4 servings, 540 calories each.

JULY 10

HOT FUDGE SUNDAE CAKE

pictured on page 121

Prep time: 15 minutes
Microwave time: 8 to 11 minutes

- 1 package (8.6 oz.) microwave chocolate or yellow cake mix

Fudge Sauce

- ½ cup unsweetened cocoa
- ¼ cup granulated sugar
- ¼ cup brown sugar
- Pinch salt
- ½ cup heavy or whipping cream
- 2 tablespoons light corn syrup
- ¼ cup butter, cut up
- 1 teaspoon vanilla extract

- 1 pint vanilla or chocolate ice cream

Microwave chocolate or yellow cake mix according to package directions. When cake is done, immediately invert onto a plate; set aside.

Fudge Sauce: Meanwhile, in medium microwaveproof bowl combine cocoa, sugars and salt. Whisk in cream and corn syrup until smooth. Stir in butter. Microwave sauce on High 2 minutes, stirring after 1 minute. Stir in vanilla.

Top cake with ice cream. Drizzle ¾ cup Fudge Sauce over ice cream. (Reserve remaining sauce for another use.) Makes 6 servings, 475 calories each.

JULY 11

HOME-SMOKED TURKEY BREAST

Prep time: 10 minutes
Cooking time: 1½ to 2 hours

- 4-pound turkey breast
- ½ lemon

(continued)

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EASY EATING
continued
Salad oil
1 tablespoon
or ½ te
1 tables

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- hopped fresh sage
- spoon dried
- oon chopped fresh thyme
- ½ teaspoon dried
- ablespoon chopped fresh rosemary or ½ teaspoon dried
- Salt and freshly ground pepper
- 4 slices bacon
- 2 to 3 cups wood chips

Rub turkey breast with cut side of lemon half. Lightly rub with oil.

In small bowl combine sage, thyme and rosemary; rub over turkey breast. Wrap tightly in plastic wrap; refrigerate 2 hours for flavors to penetrate.

Prepare grill. About 30 minutes before cooking, soak wood chips in water. Place a disposable roasting pan in center of bottom of kettle grill. Arrange 25 charcoal briquettes on 2 sides of pan. Ignite charcoal. When coals are hot and covered with white ash, add about ½ cup drained wood chips to each side. (The more chips you use, the smokier the flavor.)

Unwrap turkey; sprinkle with salt and pepper and top with bacon. Place turkey on rack. Grill covered 1 hour; remove bacon. Continue grilling 30 to 60 minutes more, adding more charcoal and wood chips as needed. Let turkey stand 10 minutes before slicing. *(Reserve ½ pound turkey for salad, July 13.)* Makes 8 to 10 servings, 340 calories each per 8, 270 calories each per 10.

JULY 12

PLUM KUCHEN

Prep time: 20 minutes
Baking time: 45 minutes

- 2¼ cups all-purpose flour, divided
- 1 cup sugar, divided
- 1 teaspoon cinnamon
- 1 cup butter, chilled, divided
- 1 teaspoon baking powder
- 2 eggs
- 2 tablespoons milk
- 4 plums, sliced thin

Preheat oven to 350°F. In food processor combine ¼ cup flour, ¼ cup sugar, the cinnamon and ¼ cup butter. Pulse until mixture resembles coarse crumbs. Transfer to a bowl; set aside.

To food processor add remaining 2 cups flour and ¾ cup sugar and the baking powder; pulse once. Add ¾ cup butter, cut up, through feed tube; process 30 to 60 seconds until combined. Add eggs and milk; pulse twice until mixture resembles coarse crumbs. Scrape sides of bowl and pulse again. Pat batter evenly into a 13x9-inch pan.

Arrange sliced plums in rows over batter. Sprinkle on crumb topping. Bake 45 minutes or until golden and bubbly. Cut into 3x2-inch pieces. Makes 16 servings, 240 calories each.

JULY 13

SMOKED TURKEY SALAD

Total prep time: 20 minutes

Dressing

- ½ cup salad oil
- ½ cup raspberries
- ½ teaspoon Dijon mustard
- 1 tablespoon raspberry vinegar
- ½ teaspoon salt
- ¼ teaspoon freshly ground pepper

- 4 cups torn green or red leaf lettuce
- 1 bunch arugula, trimmed
- ½ small head Boston lettuce, torn
- 2 cups sliced radicchio
- ½ cup raspberries
- 2 ripe nectarines or peaches, sliced
- ½ pound sliced smoked turkey (from Home-Smoked Turkey, July 11)
- ½ cup pecan halves, toasted

Dressing: In blender combine all ingredients; puree and strain.

Arrange greens, raspberries, nectarines and turkey on a platter. Sprinkle with pecans; drizzle with dressing. Makes 4 servings, 495 calories each.

JULY 14

TUNA–RED PEPPER PASTA

Prep time: 5 minutes
Cooking time: 10 to 12 minutes

- 1 pound linguine or thin spaghetti
- 1 jar (7 oz.) roasted red peppers
- 2 tablespoons olive oil
- 1 teaspoon oregano
- ½ teaspoon salt
- ¼ teaspoon sugar
- ¼ teaspoon freshly ground pepper
- 2 teaspoons minced garlic
- 1 can (6½ oz.) tuna packed in olive oil, drained and flaked
- 2 teaspoons drained capers

Cook pasta according to package directions; drain.

Meanwhile, julienne enough red peppers to equal 2 tablespoons; set aside. Pour remaining roasted peppers and liquid into blender. Add olive oil, oregano, salt, sugar and pepper; blend until smooth. Stir in garlic.

In large bowl combine pasta, sauce, tuna, julienned peppers and capers. Toss well and serve immediately. Makes 4 servings, 580 calories each.

JULY 15

ARROZ CON POLLO

Prep time: 10 minutes
Cooking time: 20 minutes

- 1 can (13¾ or 14 oz.) chicken broth
- Water
- 1 package (7 or 8 oz.) yellow rice
- 2 tablespoons salad oil
- 1 whole skinless, boneless chicke breast, cut into 1-inch pieces
- 1 cup diced onions
- ½ cup diced green pepper
- ½ teaspoon salt
- ¼ teaspoon freshly ground pepper
- Pinch sugar
- 1 can (16 oz.) whole tomatoes
- ¼ cup pepperoni slices

In medium saucepan combine chick broth with enough water to equal 2 cups liquid. Bring to a boil. Add ri cover and return to a boil. Reduce he to low and cook until rice is tend about 20 minutes.

Meanwhile, in large skillet heat over high heat. Add chicken and sau until golden, about 3 minutes. Add o ions, green pepper, salt, pepper a sugar. Cook, stirring, 1 minute mo Add tomatoes and pepperoni, stirri to break up tomatoes. Cover and duce heat to medium-high. Cook minutes. Serve over rice. Makes servings, 470 calories each.

JULY 17

JICAMA SLAW

Total prep time: 15 minutes

Dressing

- 5 tablespoons lime juice
- 4 teaspoons honey
- 1 tablespoon chopped fresh cilantro
- 1 teaspoon salt oil
- Pinch ground red pepper
- Pinch salt
- Pinch freshly ground pepper

- 1 pound jicama or celery root, julienned
- 2 green onions, julienned
- 1 medium red pepper, julienned
- 1 medium yellow pepper, julienne

Dressing: In large bowl whisk all gredients.

Add remaining ingredients to dre ing; toss. Makes eight ½-cup servin 35 calories each.

JULY 18

INDIAN LAMB KABOBS

pictured on page 118

Prep time: 30 minutes
Cooking time: 12 minutes

- ½ cup salad oil
- 1 cup chopped onions
- 2 tablespoons minced fresh ging
- 4 teaspoons coriander
- 2 teaspoons cumin
- 2 teaspoons turmeric
- 1½ teaspoons minced garlic

(continue


When the flavor really counts.
LAND O LAKES
BUTTER
LAND O LAKES
UNSALTED BUTTER

½ teaspoon cardamom
2 pounds boneless leg of lamb, cut in 1½-inch cubes
1 teaspoon chopped fresh cilantro
2 Granny Smith apples, sliced
1 package (8 oz.) frozen small white onions, thawed
¾ cup plain yogurt
¼ cup mayonnaise

In medium saucepan heat oil over medium heat. Add onions and saute until translucent, about 5 minutes. Add ginger, coriander, cumin, turmeric, garlic and cardamom; saute about 5 minutes more. Transfer to blender and puree. (Mixture will be coarse.) Reserve 3 tablespoons puree.

In bowl toss lamb with cilantro and remaining puree; marinate 2 hours.

In bowl toss apples and onions with 2 tablespoons reserved puree. In another bowl combine remaining 1 tablespoon puree with yogurt and mayonnaise; whisk until smooth.

Prepare grill or preheat broiler. Thread lamb alternately with apples and onions on 6 metal skewers. Grill over hot coals or broil about 12 minutes, turning once. Serve with yogurt sauce. Makes 6 servings, 590 calories each with sauce.

JULY 19

RED SNAPPER–SUMMER VEGETABLE BAKE

Prep time: 40 minutes
Baking time: 30 minutes

⅓ cup extra-virgin olive oil
1 pound red potatoes, sliced thin
1 large Spanish onion, sliced thin
5 garlic cloves, sliced thin
½ teaspoon marjoram
1½ teaspoons salt
½ teaspoon freshly ground pepper
4 lemon slices
2 pounds red snapper fillets
1 zucchini, sliced
1 green pepper, seeded and sliced
1 large tomato, sliced
¼ cup dry white wine

Preheat oven to 375°F. In large skillet heat oil over medium-high heat. Add potatoes, onion, garlic, marjoram, salt and pepper. Cover and cook, stirring occasionally, 20 minutes.

Arrange 4 lemon slices in a 13x9-inch glass baking dish. Place fillets skin side up on lemon slices. Top evenly with zucchini, green pepper and tomato slices. Pour on wine. Spoon potato mixture with cooking liquid over top. Cover with foil. Bake 30 minutes or until vegetables are tender. Makes 4 servings, 440 calories each.

JULY 20

THAI BEEF SALAD

Prep time: 20 minutes
Cooking time: 6 to 10 minutes

Dressing

¼ cup salad oil
2 tablespoons soy sauce
2 tablespoons distilled white vinegar
2 tablespoons chopped fresh mint
2 tablespoons chopped fresh cilantro
1 tablespoon lime juice
1½ teaspoons chopped jalapeño pepper
1 teaspoon grated fresh ginger
¼ teaspoon freshly ground pepper

Salad bar items:

¾ pound (6 cups) shredded romaine lettuce
4 ounces (1 cup) sliced cucumber
6 radishes, sliced
6 yellow pepper rings
6 red onion rings

¾ pound cooked flank steak, sliced thin (from July 17 menu)

Dressing: In jar with tight-fitting lid combine all ingredients; cover and shake vigorously.

Arrange lettuce, vegetables and beef on a platter. Drizzle on dressing. Makes 4 servings, 275 calories each.

JULY 21

CHICKEN LIVER KABOBS

Prep time: 30 minutes
Cooking time: 8 to 10 minutes

2 tablespoons salad oil
1 tablespoon red wine vinegar
1¼ teaspoons fresh thyme
1 pound chicken livers, trimmed
1 red onion, cut in wedges
Salt and freshly ground pepper
8 slices bacon

Prepare grill or preheat broiler. In bowl combine oil, vinegar and thyme. Add livers and onion. Season with salt and pepper. Toss to coat.

In skillet saute bacon over medium heat 5 minutes or until translucent. Drain on paper towels.

Loosely thread bacon, liver and onion alternately on 8 skewers, weaving the bacon between liver and onion. Grill or broil 8 to 10 minutes for medium, turning once. Makes 4 servings, 280 calories each.

JULY 22

PASTA–SMOKED MOZZARELLA SALAD

pictured on page 120

Prep time: 20 minutes
Cooking time: 10 minutes

8 ounces penne or ziti

Dressing

3 tablespoons olive oil
2 tablespoons salad oil
2 tablespoons cider vinegar
1 teaspoon minced garlic
¾ teaspoon freshly ground pepper
½ teaspoon salt
¼ cup grated Parmesan cheese
3 drops red pepper sauce

½ jar (7 oz.) roasted peppers, julienned
5 cups chopped fresh spinach
4 ounces smoked mozzarella cheese, cut into ½-inch cubes
2 ounces provolone cheese, sliced and julienned
4 slices bacon, cooked, crumbled

Cook pasta according to package direc tions. Rinse under cold water; drain.

Dressing: In jar with tight-fitting li combine all ingredients; cover an shake vigorously.

In large bowl combine pasta wit remaining ingredients except bacor Pour on dressing and toss until wel coated. Sprinkle bacon on top. Makes servings, 570 calories each.

JULY 23

CHOCOLATE MINT PIE

Prep time: 15 minutes plus freezing

1 cup mint chocolate chips
1 cup semisweet chocolate chips
½ cup butter, cut up
2 eggs, separated, at room temperature
½ cup heavy or whipping cream
1 prepared graham cracker crust
Whipped cream, for garnish

In top of double boiler, melt chocolate and butter over hot, not boiling, wate stirring. Beat in egg yolks one at time. In small bowl beat egg white until stiff but not dry. In another smal bowl whip cream until stiff. Fol cream into chocolate, then fold in beat en whites. Pour into crust and freez 15 minutes or until firm. Serve wit additional cream if desired. Makes servings, 495 calories per servin without additional whipped cream.

To microwave: In large microwave proof bowl combine chocolates and but ter. Microwave on Medium about minutes, stirring after 2 minutes. Re move from oven and continue stirrin until mixture is completely smooth Proceed with recipe. *(continued*



Florence Henderson

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EASY EATING
continued

JULY 25

BEANS AND HOMINY CASSEROLE

Prep time: 45 minutes
Cooking time: 35 to 40 minutes

- ½ pound sliced bacon, cut up
- 2 cups chopped onions
- 1 green pepper, diced
- 3 tablespoons chili powder
- 1 tablespoon minced jalapeño pepper
- 2 teaspoons minced garlic
- 2 cans (14½ or 16 oz. each) whole tomatoes, drained and chopped
- 2 cans (15¼ oz. each) red kidney beans, drained and rinsed
- 2 cans (15 oz. each) pinto beans, drained and rinsed
- 1 can (16 oz.) hominy, drained
- 1 cup shredded Cheddar cheese
- 1 cup shredded Monterey jack cheese
- 1 avocado, diced
- ¼ cup chopped cilantro

Preheat oven to 350°F. In large skillet cook bacon over medium-high heat until crisp; drain on paper towels.

Pour off all but 3 tablespoons drippings from skillet. Add onions, green pepper, chili powder, jalapeño and garlic; saute 5 minutes. Stir in tomatoes. Bring to a simmer, then add beans and hominy. Stir well. Transfer to a 13x9-inch ovenproof casserole. Bake 30 to 35 minutes, until bubbly. Sprinkle cheeses evenly over top and bake 5 minutes more. Remove from oven and top with bacon, avocado and cilantro. Makes 10 cups, 195 calories per ½ cup.

JULY 26

PASTITSIO

Prep time: 45 minutes
Cooking time: 35 to 45 minutes

- 2 tablespoons butter or margarine
- 2 cups diced onions
- 2 teaspoons minced garlic
- 2 pounds ground beef
- 1 teaspoon salt
- ¾ teaspoon freshly ground pepper
- ½ teaspoon cinnamon
- Pinch ground cloves
- 1 can (14½ or 16 oz.) tomatoes, drained and chopped (reserve ½ cup liquid)
- ½ cup red wine
- 3 tablespoons tomato paste

White Sauce

- 3 tablespoons butter or margarine
- ⅓ cup all-purpose flour
- 2 cups milk
- 1 teaspoon salt
- ½ teaspoon freshly ground pepper
- ⅛ teaspoon nutmeg
- 1 cup ricotta cheese
- 1 egg, lightly beaten

- 8 ounces ziti or elbow macaroni
- 2 tablespoons butter or margarine, melted
- ¾ cup (3 oz.) grated Parmesan cheese, divided
- ¼ teaspoon salt
- ¼ teaspoon freshly ground pepper

In large skillet melt butter or margarine over medium-high heat. Add onions and garlic; saute until translucent, about 5 minutes. Add ground beef and cook until browned, stirring to break up meat. Spoon off drippings. Stir in salt, pepper, cinnamon and cloves; cook 1 minute more. Stir in tomatoes and reserved liquid, red wine and tomato paste. Simmer 5 minutes. Set aside.

White Sauce: Meanwhile, in medium saucepan melt butter or margarine over medium-high heat. Whisk in flour and cook 1 minute. Gradually whisk in milk, salt, pepper and nutmeg; cook, stirring constantly, until sauce is thickened and begins to boil. Reduce heat and simmer 5 minutes. Remove from heat; stir in ricotta cheese and egg. Set aside.

Preheat oven to 350°F. Butter a 13x9-inch baking dish. Meanwhile, in large saucepot of boiling water cook ziti until just tender. Drain. Transfer to a medium bowl and toss with melted butter, ½ cup Parmesan and the salt and pepper. Spread half the ziti on bottom of prepared baking dish. Spread the meat mixture evenly on top, then cover with remaining ziti. Spoon on White Sauce and sprinkle with remaining ¼ cup Parmesan. Bake 35 minutes or until bubbly. Let stand 10 minutes before serving. Makes 8 to 10 servings, 520 calories each per 8, 420 calories each per 10.

To reheat: Cover and refrigerate unused portion. Bake uncovered in preheated 350°F. oven 30 to 35 minutes, until heated through and bubbly.

JULY 27

BULGUR SALAD WITH ORANGE AND CUCUMBER

Total prep time: 30 minutes

- 1 cup bulgur (cracked wheat)
- Boiling water

Dressing

- ¼ cup olive oil
- 2 tablespoons red wine vinegar
- 1 teaspoon grated orange peel
- ¾ teaspoon salt
- ¾ teaspoon freshly ground pepper

- 2 oranges, cut into ¾-inch pieces
- 4 green onions, sliced thin
- 1 cucumber, peeled and diced
- 1 cup frozen peas, thawed
- ¼ cup chopped fresh mint

In large bowl soak bulgur with 6 cups boiling water 20 minutes.

Dressing: In jar combine olive oil, vinegar, orange peel, salt and pepper; cover and shake vigorously. Set aside.

In another large bowl combine remaining ingredients. Drain bulgur in colander; rinse under cold water. Transfer bulgur to a clean towel; squeeze out as much liquid as possible. Toss with vegetables and dressing. Makes 6 servings, 230 calories each.

JULY 29

PEACH CREAM DELIGHT

Total prep time: 20 minutes

- 2 ripe peaches, pitted and sliced
- 3 tablespoons peach-flavored schnapps
- 1 tablespoon honey
- 2 teaspoons lemon juice
- ½ cup heavy or whipping cream
- 4 shortbread cookies, for garnish

In food processor pulse peaches until chopped fine. Add schnapps, honey and lemon juice. Whip cream until stiff; fold into peach mixture. Spoon into 4 parfait glasses; garnish with a cookie. Makes four ½-cup servings, 170 calories each.

JULY 31

CONFETTI RICE SALAD

Total prep time: 25 minutes

- 1 cup long-grain rice
- 2¼ cups water
- Salt
- ¼ cup chopped fresh dill
- ¼ cup lemon juice
- ¼ cup olive oil
- 3 tablespoons chopped parsley
- 1 teaspoon grated lemon peel
- 1 teaspoon Dijon mustard
- ½ teaspoon freshly ground pepper
- 1 cup diced yellow squash
- 1 cup small broccoli florets
- 1 cup diced radishes
- 1 green onion, sliced

In medium saucepan combine rice, water and 1½ teaspoons salt; cover and bring to a boil. Reduce heat to low; cook 20 minutes. Rinse under cold water; drain. Meanwhile, in medium bowl combine dill, lemon juice, oil, parsley, lemon peel, mustard, pepper and salt to taste. Add vegetables and rice; toss until well coated. Makes 6 servings, 215 calories each. **End**

Developed by Beverly Stephens, Carol Prager, Kathy Jackette, Lisa Brainerd.

"The Right Thing" in the Entertaining section of *LHJ*'s June issue is an excerpt from EMILY POST ON ENTERTAINING, by Elizabeth Post, just published by Harper & Row, and reprinted by permission of Harper & Row Publishers, Inc.

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AMERICAN CLASSICS

continued from page 109

TOM'S CRISPY CATFISH

Prep time: 5 minutes
Cooking time: 8 to 10 minutes

- 2 tablespoons bacon drippings, butter or salad oil
- 1½ pounds catfish fillets
- Salt and freshly ground pepper
- ½ cup yellow cornmeal

In heavy skillet heat bacon drippings over medium-high heat until hot. Sprinkle catfish with salt and pepper; dip in cornmeal. Cook 4 to 5 minutes per side. Serve immediately. Makes 4 servings, 280 calories each.

HORS D'OEUVRE A LA JAY GATSBY
VODKA DIP WITH CRAB CLAWS

Total prep time: 15 minutes

- 1 cup mayonnaise
- 1 tablespoon tomato paste
- ¼ cup vodka
- ¼ cup chopped green onions
- ¼ cup chopped parsley
- 2 tablespoons lemon juice
- ⅛ teaspoon red pepper sauce

- 3 dozen cooked crab claws or 1½ pounds cooked shrimp

In small bowl whisk mayonnaise with tomato paste. Whisk in remaining ingredients. Refrigerate 3 hours to mellow flavors. *(Can be made ahead. Cover and refrigerate up to 24 hours.)* Serve with crab claws or shrimp. Makes 1½ cups, 75 calories per tablespoon.

BARQUETTES A LA REINE

Prep time: 35 minutes plus chilling
Baking time: 10 minutes

- Pastry for single-crust pie

Filling

- 2 tablespoons butter
- ¼ cup minced shallots
- ½ pound small mushrooms, chopped
- 2 tablespoons sherry
- ½ teaspoon salt
- ½ teaspoon freshly ground pepper
- ¼ teaspoon thyme
- 1 cup heavy or whipping cream
- 1 cup finely diced cooked chicken
- 1 tablespoon lemon juice
- ¼ cup chopped parsley

Make your favorite pastry recipe; roll ⅛ inch thick. Drape pastry over 24 barquette molds. With a rolling pin roll firmly across top of pastry to trim off excess. With thumb press pastry into molds. Prick bottoms with a fork. Place on a cookie sheet and chill i freezer 15 minutes.

Preheat oven to 425°F. Bake bar quettes 10 minutes or until lightl golden. Remove from molds.

Filling: In large saucepan melt butte over medium heat. Add shallots an saute until translucent, about 5 min utes. Add mushrooms and cook until al liquid is evaporated, about 10 minutes Stir in sherry, salt, pepper and thyme cook 1 minute. Stir in cream and coo until thick. Add chicken and lemo juice; heat through. Stir in parsley Spoon 1 tablespoon filling into each bar quette. Makes 24, 100 calories each.

HAM MOUSSE IN CUCUMBER CUPS

Total prep time: 25 minutes

- ½ pound Black Forest ham
- 3 ounces cream cheese
- ¼ cup toasted ground walnuts
- 2 tablespoons mayonnaise
- 1 tablespoon Dijon mustard
- 1 tablespoon minced shallots
- ½ teaspoon freshly ground pepper
- 4 cucumbers
- Parsley sprigs, for garnish
- Toasted walnuts, for garnish

In food processor with steel blade pulse ham until chopped fine. Ad cream cheese, walnuts, mayonnais mustard, shallots and *(continued*


SOFT SENSE BODY MOUSSE
WITH VITAMIN E
Soft Sense
Body Mousse
With Vitamin
E
For Smooth Healthy
The new body moisturizer that absorbs in an instant.
Beautifully healthy skin is only a moment away.

AMERICAN CLASSICS
continued

pepper; blend until smooth. Spoon into a pastry bag fitted with a star tip.

Peel cucumbers, leaving some strips of skin. Cut into ¾-inch slices. With a melon baller scoop out center of each slice. Pipe ham mousse into cucumber cups. Garnish with parsley and walnuts. Makes about 3 dozen, 35 calories each.

TWELVE OAKS BARBECUED PORK LOIN

Prep time: 5 minutes
Cooking time: 1½ hours

- 3 pounds boneless pork loin
- ½ lemon
- 1½ teaspoons salt
- 1 teaspoon freshly ground pepper
- Barbecue Sauce (see brisket recipe, page 124)

Prepare barbecue grill with rotisserie. Rub pork loin with lemon, then salt and pepper. Center and secure roast on rotisserie rod. Roast on rotisserie according to manufacturer's directions 1½ hours or until meat thermometer reaches 165°F., basting with ½ cup Barbecue Sauce during last 20 minutes of roasting. Serve with additional Barbecue Sauce. Makes 8 servings, 400 calories each without extra sauce.

Journal Shopping Center

GREAT GARDENS
Pages 100-101: Large photo, the Henry Francis Du Pont Winterthur Museum and Gardens, Winterthur, DE 19735; 302-654-1548. Inset, The Biltmore Co., 1 North Pock Square, Asheville, NC 28801, 704-255-1700.
Pages 102-103: Large photo, Old Westbury Gardens, 71 Old Westbury Road, Old Westbury, NY 11568; 516-333-0048. Left inset, The Biltmare Co. Right inset, The Abby Aldrich Rockefeller Garden Seal,Harbor, ME 04675.
Pages 104-105: Large photo, Middleton Ploce, Ashley River Road, Charleston, SC 29407; 803-556-6020. Top inset, Friends of Filali, Conada Road, Woodside, CA 94062; 415-364-2880, Bottom inset, Dumbarton Oaks, 1703 32nd St. NW Washington, DC 20007; 202-338-8278.
AMERICAN CLASSICS
Page 106: Art Deco crystal tray from Rita Sacks (shap #66), 1050 Second Ave., NYC 10022. Art Deco cocktail shaker from D. Leonard & Gerry Trent, 950 Modison Ave., NYC 10021. Art Deco wood ond metal frame from Muriel Karasik, 1094 Madison Ave., NYC 10028.
Page 107: Gilt bronze Victorion frame from Geneva Galleries, Inc. (gollery #37), 1050 Second Ave., NYC 10022.
Page 109: Carved bone forks framing photo from Rita Sacks.
EASY EATING
Pages 118-119: White ceramic platter with kabobs from Lord & Taylor, 424 Fifth Ave., NYC 10018. Blue vase from Conran's, 444 Lafayette St., NYC 10003. Soup bowls and underplates from B. Altman and Co., Fifth Ave. at 34th St., NYC 10016.
Pages 120-121: Small plates and cake plate from The Pottery Barn, 231 Tenth Ave., NYC 10011. Bawl and underplote and wooden napkin rings from Conran's. Flotware by Crown Corning. Wicker tray from Wolfman, Gold and Good Co., 484 Broome St., NYC 10012.
Page 122: Pie plote and flatware from Conran's. Red and white towel from The Pottery Barn.
THE PERFECT VACATION
Pages 110-111: Far left: Scarf, Echo; belt, Omega; shoes, Stars by Eliot; earrings, Debra Fine Yohai; bracelets, Marla Buck; bag, La Bagagerie. Left: Sunglasses, Alain Mikli; earrings, Monies at Good as Gold; Large photo: canvas sneakers, Keds.
Pages 112-113: Inset, left: Bracelets, Roz Balkin at Judith Feldman; bag, La Bagagerie; sandals, Stephane Kélian. Large phato, all makeup by Maybelline: Moisture Whip Liquid Makeup in Beige; Moisture Whip Loose Powder in Medium; Moisture Whip Lipstick in Sugar Plum Ice; Brush/Blush in Misty Pink; Powder Eye Pearls Eye Shadow in Shining Sea ond Copper Coins; Eye Styler-Pencil in Plum Passion; Fresh Lash 24-Hour Mascara in Brownish Black.
Pages 114-115: Left, petticoat, Tommy Hilfiger; earrings, BRZ ot Judith Feldman, bracelet, Richard Serbin; sandals, Stephane Kélian; Right inset: sunglasses, Alain Mikli.
Pages 116-117: Far left: socks, Hue. Large photo, earrings, Debra Fine Yohoi; swimsuit, Speeda. All makeup by Revlon: Skin Balancing Powdercreme Makeup in Delicate Ivory; Skin Balancing Pressed Powder in Translucent Light; Naturally Glamorous Blush-On in Naturelle; Custom Eyes in Nude Mists (Sheer Nude: Sheer Mauve) Stayliner in Espresso; Special Eyes Micropure Mascara in Black; Colorshine Lipstick in Papaya Fire.

THE WILKES'S BEATEN BISCUITS

Prep time: 20 minutes
Baking time: 30 to 35 minutes

- 3 cups all-purpose flour
- 1 teaspoon salt
- ¾ cup lard, cut up
- ¾ cup very cold milk

Adjust oven rack to lowest position. Preheat oven to 350°F.

In food processor with steel blade, combine flour, salt and lard; pulse about 6 seconds, until mixture resembles coarse crumbs. Add milk and process until dough forms a ball. Continue processing 2 minutes.

On floured surface roll dough into a rectangle ¼ inch thick. Fold dough in half, pressing lightly. With a 1½-inch biscuit cutter, cut out dough and place on cookie sheet. Reroll scraps and repeat, cutting more biscuits. Prick each biscuit with a fork. Bake 30 to 35 minutes, until pale golden. Turn off oven; leave biscuits in oven 35 minutes. Makes about 2½ dozen, 100 calories each.

SCARLETT'S BROWN SUGAR POUND CAKE

Prep time: 15 to 20 minutes
Baking time: 1 hour 45 minutes to 2 hours

- 3 cups all-purpose flour
- 1 teaspoon baking powder
- ½ teaspoon salt
- 1½ cups butter, softened
- 1 pound brown sugar
- 1 cup granulated sugar
- 5 eggs, at room temperature
- ¾ cup milk
- ¼ cup dark rum
- 2 teaspoons vanilla extract
- 1 cup chopped pecans
- Sweetened whipped cream

Preheat oven to 325°F. Grease and flour a 12-cup Bundt pan. Sift together flour, baking powder and salt; set aside. In mixer bowl cream butter until light. Gradually add sugars and continue beating until very light and fluffy. Beat in eggs one at a time, beating well after each addition. Combine milk, rum and vanilla. Add to batter alternately with dry ingredients. Fold in nuts. Pour into prepared pan. Bake 1 hour 45 minutes to 2 hours, until toothpick inserted in center comes out clean. Cool in pan on wire rack 30 minutes; remove from pan and cool. Wrap and store at room temperature 24 hours before serving. Serve with whipped cream. Makes 20 servings, 400 calories each without cream.

THE MARCHES' TEA TREATS
CAREFREE GINGERSNAPS

Prep time: 15 minutes
Baking time: 12 minutes per batch

- ¾ cup butter, softened
- 1 cup brown sugar
- 1 egg
- ¼ cup molasses
- 2¼ cups all-purpose flour
- 2 teaspoons baking soda
- 1½ teaspoons ginger
- 1 teaspoon cinnamon
- ½ teaspoon cloves
- ¼ teaspoon salt
- Granulated sugar

In medium bowl combine butter, brow sugar, egg and molasses. Mix in r maining ingredients except granulate sugar. Refrigerate at least 1 hour.

Preheat oven to 375°F. Grease cookie sheets. Shape rounded te spoonfuls of dough into balls. Roll i granulated sugar. Place on prepare cookie sheets. Bake 10 to 12 minute just until set. Cool on wire rack Makes 6 dozen, 50 calories per cooki

JO'S APPLE TURNOVERS

Prep time: 40 minutes plus chilling
Baking time: 15 minutes

Filling

- 2 tablespoons butter *(continue*

Recipe Index Here is a listing of recipes appearing in this issue, including those from the Journal kitchen and advertisements. *Recipe includes microwave instructions.

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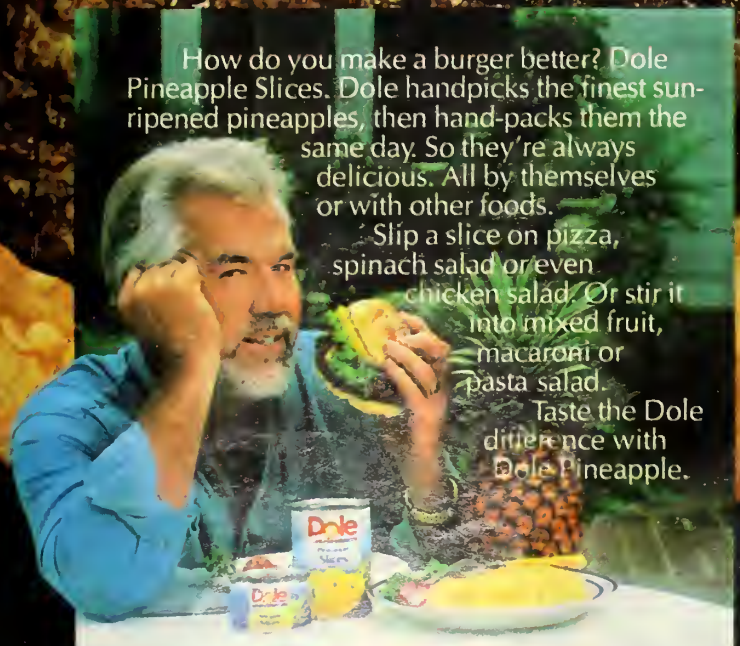
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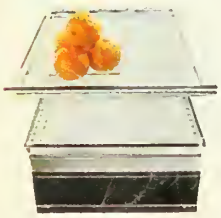
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AMERICAN CLASSICS
continued

½ cups thinly sliced tart apples
½ cup sugar
¼ teaspoon cinnamon
¼ teaspoon grated lemon peel

stry for double-crust pie
see recipe, page 126)
ablespoon heavy cream

ling: In large skillet melt butter
r medium-high heat. Add apples,
ar and cinnamon; cover and cook 5
nutes. Uncover and cook, stirring
asionally, 10 minutes more, until
les are tender and liquid is evapo-
ed. Remove from heat; stir in lemon
l. Cool completely.
Make pastry recipe; divide in half.
heat oven to 425°F. On lightly
ured surface roll each half into a
8-inch rectangle. Cut into 4-inch
ares. Place 1 tablespoon filling on
h square. Moisten edges with wa-
Fold in half to form a triangle;
l edge with tines of a fork. Transfer
a cookie sheet and cut slits in top.
ush with cream. Bake 15 minutes.
l on wire racks. Makes 12, 270 cal-
es each.

UP-IN-MICHIGAN TROUT

p time: 20 minutes
oking time: 10 minutes

rout (12–14 oz. each), dressed
tablespoons salt
slices bacon
Freshly ground pepper
cup flour

each trout with 1 tablespoon salt
ide and out. Let stand 15 minutes.
Meanwhile, in large, heavy skillet
k bacon until crisp. Remove with a
ted spoon; drain on paper towels.
serve drippings in skillet.
Rinse trout thoroughly under cold
er. Pat dry. Sprinkle with pepper
l dip in flour, shaking off excess.
d to drippings in skillet and cook
r medium-high heat until lightly
wned, 4 to 5 minutes per side.
nsfer to plates and top with bacon.
kes 2 servings, 290 calories each.

CAPTAIN AHAB'S CHOWDER

p time: 20 minutes
oking time: 35 minutes

dozen cherrystone clams, scrubbed and rinsed
Water
pound bacon, diced
cup chopped onions
cups diced potatoes
bottle (8 oz.) clam juice
teaspoon freshly ground pepper
Pinch thyme

WASH 'N WEAR, 'N WEAR, 'N WEAR.



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KITCHENAID FOR THE WAY IT'S MADE.™

1 pound cod fillet, cut in 1-inch pieces
⅓ cup heavy or whipping cream
1 tablespoon chopped parsley

In covered Dutch oven steam clams in ½ cup cold water over high heat 6 minutes. With a slotted spoon transfer any opened clams to a medium bowl. Continue steaming remaining clams until they open (discard any that remain closed after 15 minutes). Reserve liquid. Remove clams from shells. Chop coarsely and set aside. Strain liquid through a sieve lined with cheesecloth into a 2-cup measure; add enough water to equal 2 cups. Set aside. In clean Dutch oven cook bacon until crisp. Remove with a slotted spoon; drain on paper towels. Pour off all but 1 tablespoon drippings from Dutch oven. Add onions and saute until translucent, 10 minutes. Add reserved clam liquid and water, potatoes, clam juice, pepper and thyme. Bring to a boil; reduce heat and simmer 20 minutes. Lightly mash potatoes with a hand masher. Add reserved clams and cod; cook partially covered 5 minutes more. Stir in cream. (Do not boil.) Adjust seasonings; sprinkle with reserved bacon and parsley and serve. Makes 8 cups, 150 calories per cup. **End**

Researched and developed by Lisa Brainerd.

■ . . . SAY HIS NAME
continued from page 58

there's Steve over there!"

"Hey, that's me!"

Amid the chorus of excited first graders, I became aware of J-O-N sitting with his back to the screen, shoulders shaking.

"Why, what's the matter?" I asked, putting my arm around him.

Suddenly his arms were around my neck, almost choking me. I think he would have liked to stay with his face buried against my shoulder all afternoon, but I could hardly breathe. Gently I pried his thin arms from my neck and sat him down in front of me.

"Now tell me," I urged.

"I'm not there," he whispered.

Startled, I tried to remember the videotape. Certainly the camera could not have missed him.

"You were there with the others, " I protested. "You lined up to see Santa like everyone else. You had punch and cookies and . . ."

"But I'm not there." He put his head down on his arms and wept.

When his father dropped him off the next day, I told him about the incident.

"He'll be all right," Mr. Turner said firmly, "as soon as we move. He has to learn to roll with the punches. His grandmother babies him." *(continued)*

. . . SAY HIS NAME
continued

"He'll miss her," I said, thinking of everything else he would miss.

After the holidays J-O-N still stayed after school to help me, but so did two other children whose sitters picked them up late. Their presence put a stop to our conversations.

One late spring afternoon they were absent. After J-O-N had cleaned the board, I looked up from my paperwork to see him standing shyly at my desk.

"What is it, J-O-N?"

"I'm not going to be here," he said. "Never again. We're leaving."

I hugged him to me, but his arms stayed stiffly at his sides.

When I next saw Mr. Turner he verified that he would be moving as soon as school was out. During Easter vacation the whole family had driven south to take a look at his branch office and the new apartment.

"The other kids were all over the place," Mr. Turner said, "but he just sat in the back and refused to get out."

He has a fracture, I thought. When a child has a fracture, we rush him to Emergency to get X-rays and casts and follow-up treatments. The only difference in J-O-N's case is that the fracture is in his heart.

The school year was almost over. I had to move fast, but in what direction? J-O-N had felt like nobody in September, at Christmas, all through the spring. He still felt like nobody, and unless I could show him he was somebody, I felt I would have taught him nothing worth learning.

The last week of classes arrived, but the cheerful chatter of students and faculty failed to raise my spirits. Time was running out for J-O-N and me.

On the next-to-last day I turned on my stereo when I got home from school, knowing that I always think better to music. Was there a clue in this? I had read about music therapy. Could music take the place of a mother, a grandmother, a teacher, a home? Would music help him become somebody? It was worth a try.

The next day when I pushed the children's desks to the sides of the room, J-O-N did not seem to have the heart to arrange them neatly as he usually did. But he did help me drag out the box of percussion instruments, and he gave out the drums, cymbals and castanets. To J-O-N I gave my old piccolo. The children stood in a circle, experimenting with their instruments, while I set the recorder on PLAY. "The Stars and Stripes Forever" burst from the machine, and the children marched around and around the room, banging their drums, striking th cymbals, blowing into their kazo Only J-O-N's instrument produced semblance of melody, as he picked the piccolo solo in Sousa's mar sweet and perky above the boomi sounds of brass and percussion.

I could tell he liked it. For the fi time since I had known him, there v a flush of excitement on his face. Wh the march ended and the children sa onto their mats to rest, he asked, "M I hear it again, please?"

I gave him the cassette player a the headphones, and for the rest of t morning he listened to the mar sometimes tapping his feet, sometin fingering his piccolo, but most of t time just listening. The rest of t class had story time, science and nu bers. They cleared the bulletin boa and emptied their desks. But J-O listened all day to "The Stars a Stripes Forever."

When his sitter had come that l day and was gathering together all belongings, I knelt down to say go bye, my eyes on a level with his.

"You heard that piccolo part abo the whole band?"

He nodded.

"That was the smallest instrum in the band, J-O-N, but it played own special tune loud and clear."

He nodded again.

Dove's Classic Model Discovery Contest

as seen on page 28

entry form If you're over thirty and always wanted to be a model but thought it was too late to try, enter our contest. Your dream may come true.

I have camera potential because (in fifty words or less)_____

_____

_____

_____

_____

_____

signed _____

ENCLOSED ARE: two DOVE Beauty Bar wrappers and two color photographs (full length and head shot)

Name _____

Address _____

City _____

State & Zip Code _____

Contest Region _____

Phone Number _____

Date of Birth _____

Height _____ Weight _____

Color of Hair _____ Eyes _____

(please print)

Send entry to:

Dove Classic Model Discovery Contest
FACES Model Management, Inc.
567 Third Avenue
New York, NY 10016

Grand prize: **$25,000 cash**
A $5,000 designer wardrobe
A one-year modeling contract from FACES Model Management

ENTRIES MUST BE RECEIVED BY AUGUST 31, 1987

OFFICIAL RULES

1 Complete entire entry form. Include with f the following: two (2) DOVE Beauty Bar wr pers (any size); o statement in fifty words or less the subject: "I have comera potential becouse . and two (2) current photographs: o close-up h shot ond o full-length shot. Photographs must b color ond no larger than 5" by 7" in size.

2 Moil to: DOVE Classic Model Discovery Cont c/o FACES Model Monogement, Inc., 567 T Avenue, New York, NY 10016. *Entries must be ceived by August 31, 1987.* No responsibility is sumed for late or misdirected moil.

3 In each of the five (5) regions (Eostern: CT, MA, NH, NJ, NY, PA, RI, VT; Western: AK, CA, CO, HI, ID, MT, NV, NM, OR, UT, WA; So east: AL, DC, DE, FL, GA, MD, NC, SC, TN, VA, V Central: IL, IN, KY, MI, MS, OH, WI; Midwest: IA, KS, LA, MN, MO, NE, ND, OK, SD, TX, there will be o regionol winner ond o runner- Eoch runner-up will receive a year's supply DOVE Beauty Bars ond a professionol mokeup Each Regionol Winner will receive o $500 "Da Beauty" in her orea ond o four- (4) day trip to N York City, including o visit to Foces Model Mono ment, Inc., for coreer counseling ond porticipatio a grand-prize selection mini-pageant. DOVE Be ty Bar will provide roundtrip oir transportotion, tel accommodations and meals for four (4) d The grand-prize winner will receive o desig wordrobe (volued ot $5,000); a prize of $25,0 a one- (1) year modeling contract with Faces Mo Monogement, Inc.; and placement on the 19 Foces Clossic Foces Division head sheet. (The gra prize winner ogrees to sign the standord Fa management ogreement form, a copy of which be obtained by writing to Faces Model Mono ment, Inc., 567 Third Avenue, N.Y., NY 10016, calling 212-661-1515. Also, the grand-prize win will be the highlight of o five- (5) city tour to pu cize the contest. Transportation ond meals will

"You're going to learn to play this," I
id, handing him the piccolo.
"Can I take it home?" he asked.
"Of course," I said. "And you can
ve the cassette, too."
He looked down at it wordlessly.
"By the way," I said, "I'm not going
call you J-O-N anymore. You have a
e name. Two fine names, in fact.
an you read the name of the march
u've been playing all day?"
Slowly reading from the cassette la-
l, he spelled out S-T-A-R-S A-N-D
T-R-I-P-E-S.
"Good," I said. "Now read me the
mposer's name."
He looked again at the cassette, and
faint curve appeared on his lips.
"John Philip," he read slowly, and
en again, this time in a louder voice,
ohn Philip Sousa."
"That has a good sound," I said.
ust like his music. And there are lots
ore marches by him besides 'The
ars and Stripes.' You'll know them
l someday."
His sitter was ready for him. I gave
m a quick hug.
"Good-bye, Jon Philip, and good
ck!" I said.
He walked out of my classroom as if
e were still marching. And every
ourth of July he will march still, pic-
lo playing, brown eyes shining,
und and round my heart. **End**

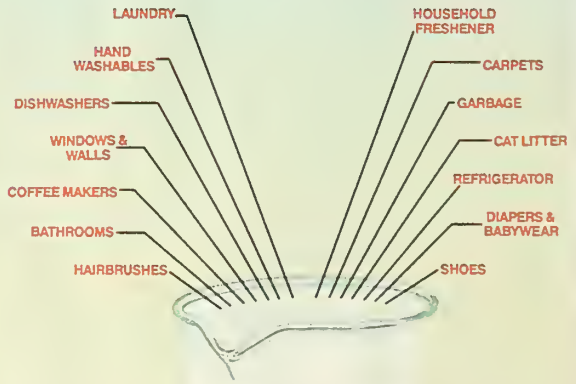
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ovided by DOVE Beauty Bar. Prizes are not ex-
angeable or transferable; all will be awarded.
All photographs and materials submitted become
the property of the sponsors and will not be
turned or acknowledged. Winners and runners-
will be selected by a panel of experts designated
Lever Brothers Co., Inc. Judging based on judges'
erception of skin quality (1-10 points); overall op-
earance (1-10 points); articulateness (1-10 points);
nd motivation for a modeling career at age thirty or
ver (1-10 points). Contestant with the highest point
tal will win. Decisions of judges are final.
The five (5) regional winners and runners-up will
be notified by mail by September 15, 1987. The
gional winners must consent to be available and
participate and render services in connection
ith a final-selection mini-pageant to be held in
ew York City in October 1987, and to participate
photography/taping sessions and media inter-
ews. They also agree, by entering the contest, to
rant to the sponsor of the Model Discovery Contest
e right to use their names, photographs (on film or
deotape), and voice in connection with any promo-
on, publicity and advertising on behalf of DOVE
eauty Bar in connection with the contest. The grand-
ize winner will also render services in connection
ith additional photography/taping sessions in con-
ection with any promotion, publicity and advertising
n behalf of DOVE Beauty Bar for the contest and as
participant in the tour. Winners will be required to
gn an affidavit of eligibility and release.
Contest is open to women U.S. residents, age
thirty or over, whether or not they've had model-
g experience. Employees and their families of
leredith Corp., Lever Brothers Co., Inc., Faces Model
lanagement, Inc., their respective affiliates, subsidiar-
s, and advertising agencies are not eligible. Contest
oid where prohibited or restricted by law. Taxes on
izes are responsibility of the winner.
For a list of winners, send a self-addressed,
stamped envelope to DOVE Discovery, 40 West
7th Street, New York, NY 10019, Suite 1900.



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FIGHTING & MARRIAG

continued from page 47

important to make sure that ea hears and understands the other. C respondent said she repeats what h husband says during an argument be sure that she really understands

The second point: Try to keep a c head—don't let the conflict rage out control. One school of thought empl sizes that people should vent their a ger freely, "letting it all hang ou But research indicates that the expr sion of hostility and violence tends bring about more aggression rath than peace. And the higher the level verbal aggression, the more lik physical aggression is to occur.

Attack your problems, not your spouse

Verbal aggression can shred peop confidence and rob them of the abil to trust others. But people can enga in conflict without hurting each oth

Our respondents suggested two wa to keep the conflict focused on t problem at hand. One way is to def the conflict as a disagreement over issue rather than as a personal atta One respondent told us that it is ve important "to look at conflicts as m differences of opinion and not as threat to one's integrity."

The second recommendation for c taining conflict: Resist the temptat to hurt your mate. Never let a conf degenerate into an insult sessi which can lead to hard-to-heal scar

Those who want to engage in c structive fighting in their marria may have to change their perspecti Those who think of it as a win-l process need to accept that both pa ners can win as a result of confl They should try to change their st of confronting problems from compe tion to compromise or collaboration

One way to change is to analyze arguments you and your spouse ha had. Were they over something triv or serious? Is either spouse resent because he or she hasn't hones shared his or her feelings? Was conflict discussed at the right tim Did the argument deteriorate into name-calling session? Did you a your husband really listen to each o er's point of view?

Finally, conflict can become a w win situation when spouses keep th partner's well-being in mind. Th may mean a willingness to go the s ond mile, to give more than is receiv occasionally. Those who strive for a h py long-term relationship will make their aim not only to resolve proble when they have a fight, but also strengthen the relationship.

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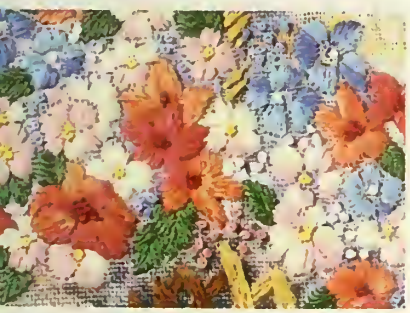
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SURROGATE MOTHERS

continued from page 94

Even with a written agreement between surrogates and couples, things can go terribly wrong, as the case of Baby M has shown. Only one state, Arkansas, has laws specifically governing surrogate-mothering arrangements, although legal experts predict that other states will eventually pass such legislation. In his landmark decision March 31 in the Baby M case, Judge Harvey Sorkow was guided by contract law, ruling that the agreement between William Stern and Mary Beth Whitehead was valid and should be enforced.

Sorkow granted Stern, the biological father, full custody. Elizabeth Stern was made the legal mother, and Mary Beth Whitehead was stripped of parental status and visitation rights.

Less than two weeks later, a higher court reinstated Whitehead's visiting rights, allowing her to see her child—once a week for two hours, at a local center for delinquent youths, in the presence of a sheriff's deputy.

An uncertain future

Far from deciding the issues of surrogate-mothering arrangements, the judge's decision, binding only in his jurisdiction, has served to intensify the public debate.

At the heart of the controversy is the question of whether babies are being sold and whether such contracts are, or should be, legal. Is a contract to bear a child the same as an agreement to deliver a shipment of goods?

Noel Keane says surrogacy is not akin to selling babies, because the woman is compensated for the pregnancy, not for the baby.

Others disagree. Gena Corea, author of *The Mother Machine* (Harper and Row, 1985), cites a contract in which "the woman gets the full amount only if she turns over a live baby. There's no question that this is baby selling."

And what will happen if a child born of a surrogate-mothering agreement has a birth defect? Is the father obliged to take him? If not, who pays for the child's support? Legislators in states that view surrogate agreements as legal will have to deal with those issues when drawing up restrictions and guidelines.

"There really needs to be more clarifying legislation before surrogacy becomes a potentially positive experience for everyone involved," says Lori B. Andrews, a lawyer and author of *New Conceptions* (Ballantine, 1985).

And what of the long-term effects on the children of surrogates? Experts a unsure how children will react if th learn that they were brought into t world for a fee.

It is imperative that answers these questions be found. Technolo has allowed us to reproduce in wa that were unknown only a few yea ago. One new technique is in vitro su rogacy, in which the eggs of a woma unable to carry a baby are remov from her body and fertilized with h husband's sperm. The resulting e bryo is implanted into a surrogate. one extraordinary case, a South Af can woman is acting as an in vit surrogate for her own daughter—a is expected to give birth to triple Another technique is embryo flushin A surrogate is artificially inseminate and the resulting embryo is flush from her body and implanted in t wife of the sperm donor. In a few cas fertile women have begun donating selling eggs to infertile women, a Gena Corea predicts that the practi will become increasingly common.

In many ways the sale or donation eggs is similar to what men have be doing for years: donating or selli their sperm for women whose hu bands are infertile.

Experts are now studying "donor o spring"—children born from artifici insemination—in hopes of predicti how the children of surrogate mothe will fare.

One donor offspring, Suzanne Ari a paralegal in California, was an adu when she learned that the man w had raised her was not her biologic parent. Ariel found her biological f ther, but he wanted nothing to do wi her. "It hurts," Ariel says, "to have birth parent who never loved you."

Nor does anyone know the long-ter effects on the surrogate mother a her family. There is concern that son surrogate mothers, like women w have given up children for adoptio will retain a sense of loss far into t future. For Mary Beth Whitehea Vicki Walker and other surrogat who have regretted their decision, t anguish continues.

The desire to have a child is one our deepest needs. Surrogate paren ing grew out of this urge, and it c seem like a godsend to infertile couple

But for the sake of all concerned, o laws and ethics must keep up with o technology. Is surrogacy right wrong? One judge has issued one ru ing in one case. But does society wa to encourage surrogate motherhoo That decision is still to be made. **E**

How do you feel about surrogate mot erhood? Let us know by taking part our health survey, page 77.

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PARENTING JOURNAL

HELPING YOUR BABY-SITTER DO MORE THAN SIT

Parents sometimes complain that baby-sitters do nothing more with the kids than eat and watch TV. But by leaving your sitter a list of activities, you will have more control over the time you are away.

Design special activities geared toward your children's interests and age group, and the sitter's talents. The following are a few creative ideas to pass along to your baby-sitter from the Home and School Institute, a national nonprofit educational organization in Washington, D.C.

Make a belongings box Children can decorate a cardboard box with artwork they have created or words and pictures they have cut from magazines and then fill it with their favorite books, toys or schoolwork.

Play restaurant If your kids will be eating lunch or dinner while you're away, have them pretend they're at a restaurant. They can set the table (complete with a homemade centerpiece) and pretend they're waiters, handing out their own custom-designed menus for a fun meal.

Draw a silhouette or poster Your kids will like outlining their bodies on a large sheet of brown paper and writing things about themselves on it. Cut out the shape and hang the finished masterpiece on their bedroom wall.

Try an outdoor treasure hunt Make a list of items for them to find, such as a small stone, a branch or a green leaf. Give them paper bags to hold their collections. To make it more exciting, time how long it takes them to find the objects.

Make a collage Choose a theme—such as favorite things to do or places they would like to visit—and have the kids cut related words or pictures from old magazines. The children can then glue them to a piece of cardboard.

Be word detectives This activity will help children develop skills for recognizing the letters of the alphabet. Have the kids cut out different words from magazines or newspapers. For beginning readers, ask for words beginning with the letter *b,* for example. Older children can hunt for verbs, adjectives, adverbs and other parts of speech. Then paste their findings on a sheet of paper or piece of cardboard to make a collage.

Play store Save and clean out can tons and boxes from the grocery stor and use canned goods to make a pre tend store at home. Older children ca use ads from the newspaper to pric items, and younger children can be th customers. The kids will have a lot o fun as they learn about shopping.

Read together Instead of alway reading to children, read with them Pretend you're characters in th book and take turns reading as if i were a play. Record your voices to giv the reading added appeal.

Decorate the sleeping area Whe parents are away it's always tough t get kids to go to bed, but the mor appealing their bedroom is, the les they'll resist going to sleep. Let th kids put up drawings or crafts the have created around their bed.

Set limits on TV Preselect one o two programs for the children, depend ing on how long you'll be gone. Th baby-sitter and the kids should watc the shows together. You may als want to keep maps and reference book nearby so they can look up places men tioned in the news.

For more ideas, send a self-addressed stamped envelope to Home and Schoo Institute, Special Projects Office, 120 Sixteenth Street NW, Washington DC 20036. —CARALEE JOHNSO

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PARENTING JOURNAL

HELPING YOUR CHILD TO READ

Children will learn the basics of reading in school, but whether they'll develop a passion for reading depends largely on parents. By encouraging your kids to read at home, you can foster a love that will help them with their schoolwork now and enrich the rest of their lives.

Read aloud to kids Snuggling up with your preschoolers to read a bedtime story can be more than just a cozy way to unwind after a busy day. Reading to kids helps them become familiar with language, and that is the first step toward becoming an avid reader.

It's never too early to introduce kids to language. "From the very beginning, you should talk to your baby, read her stories, sing songs—let her get a feel for the rhythm of language so it can become a natural part of her life," says Dorothy Watson, Ph.D., professor of education at the University of Missouri, in Columbia. She says you can also help kids develop an extensive vocabulary by including them in conversations at home.

Show that reading is useful Once children begin recognizing words, help them connect what they've learned to activities in the real world. A trip to the grocery store, for example, will help your child match words with things that have meaning in everyday life, says Gary Manning, Ph.D., professor of education at the University of Alabama, in Birmingham. When kids see value in what they've learned, reading becomes an exciting achievement—not just a meaningless task.

Be supportive It is also important to encourage your child's early attempts at reading. "Don't push for perfection on the first try," Manning advises. Children develop their skills at different rates, and you must show that you value each stage they reach. Even after children start school, parents can still help them improve their reading skills. Continue reading stories to your kids, and have them read to you, too. Encourage your kids to be creative by having them write stories or put together scrapbooks.

Take them places Children will also be more interested in reading if the books are about things they're familiar with. "Kids learn words from their own experiences, not just from repetition in the classroom," says Watson. So parents should make sure their children see interesting sights in the community. One of the first stops should be the library to get kids their own library cards. Also, trips to a zoo, park or museum will be educational if you discuss what you've seen and heard.

Look over their schoolwork As children get older, more of their learning will take place at school, but parents should still pay attention to the work their children bring home. Kids should be doing creative activities, such as writing poems and stories, keeping journals and reading literature. If it looks as though your children are doing only repetitive skill work in school, talk to their teachers. An open line of communication with your child's instructors can help you contribute to your child's development. As experts from the National Education Association say, it is important to stay involved in your child's growth as a reader. Your complimenting him on his progress will give your child the confidence necessary to become an enthusiastic reader, and that's a skill that will serve him well for the rest of his life.

—CARALEE JOHNSON



SUMMER GARDEN GUIDE

you want to keep your vegetable den healthy and productive well o the fall, you might want to consid- enhancing your crop by making suc- sive seed plantings throughout the nmer. In most cooler northern re- ns, you can plant kale, Swiss chard, ts, carrots, broccoli, lettuce, Chi- e cabbage and kohlrabi from early mid-summer. In warmer areas, se crops should be planted from late nmer to fall.

ow the seeds thinly and evenly, an hth to a quarter inch deep, in rows lve to eighteen inches apart. For imum results, keep the soil slightly ist at all times until the seedlings growing vigorously. (In hot weath- you may have to water even more n once a day.)

s your young plants grow, culti- e the soil occasionally for weed con- , or better still, mulch the ground und the plants with peat moss, kwheat or grass cuttings. Although mulch will smother weeds and con- serve moisture, you may still have to water your crops heavily about once a week during prolonged hot, dry spells.

Harvesting vegetables

Knowing just when to harvest vegetables can be tricky, so here's a handy reference guide that will help you simplify the task.

Beets: when they are one and a half to two inches in diameter.

Broccoli: when the dark-green blossom clusters are tightly closed, rather than after the yellow flowers have opened.

Cabbage: heads should be firm and feel heavy for their size. (They'll split open if they are left on the plant too long.)

Cucumbers: when still dark green and firm. (They'll stop growing if you leave them on the vine too long.)

Onions: anytime for fresh eating; for storage, when their tops have fallen over and turned brown.

Snap beans: usually two to three weeks after each time they flower.

Sweet corn: when silk is dry and dark and the kernels are milky and plump. (Kernels should pop open easily when squeezed.)

Winter squash: after the cool weather arrives. Squash should be tough skinned and have good color.

The root of the problem

Many people confuse the normal stages of tree growth with the effects of disease or insect infestation. Here are some of the most commonly misinterpreted signs.

- Browning of conifer needles: Even though we often refer to conifers as evergreens, each generation of needles dies three to eight years after it is produced. This occurs in early autumn and is most noticeable on Scotch pine.
- Deciduous tree leaves turning yellow and falling during the middle of summer: Many deciduous trees, especially London planes and sycamores, drop about 10 percent of their leaves during the summer. This is nature's way of helping the tree conserve water.
- Ooze flowing from cracks in the bark of trees in early spring (bleeding): Severe winters often cause sap to flow for a short time from these small wounds. Don't worry if insects are attracted to the sap; they will not harm your tree.

—C. Z. GUEST

For a personal response, send your gardening questions or comments with a self-addressed, stamped envelope to C. Z. Guest, LHJ, 100 Park Avenue, New York, NY 10017.





★ STAR GUIDE ★

FOR JULY

CANCER (June 21–July 22) This is a happy time for you, a time to be close to your family. Many problems will disappear, and changes in your environment will be beneficial. So take a trip, move the furniture or redecorate, but be sure to talk over any major decisions with other family members.

LEO (July 23–August 22) Make an effort to get organized. Catch up on your reading, your correspondence and all the other things you've been putting off. You need to feel more relaxed, so prop up your feet, and don't let others place any more heavy responsibilities on your shoulders.

VIRGO (August 23–September 22) Meeting people socially, at parties, picnics and poolside, will be more fun than you originally thought. Try getting away from your usual crowd to expand your interests and help yourself professionally. Look into new clubs in your community.

LIBRA (September 23–October 22) Set goals and start working toward them. If you're ambitious, you'll have great success. Whether you want a vacation, a promotion, a new house or even an addition to the family, with determination you'll get your wish.

SCORPIO (October 23–November 21) During a special visit to your place of worship, you'll realize how important your spiritual life is. You may want to spend more time participating in activities that are organized by the congregation. Sharing your problems with others will ease your burdens.

SAGITTARIUS (November 22–December 21) Expect good financial news, although you may have to wait awhile before receiving money due to you. It's time you stopped being so generous toward others and began treating yourself better. Buy something very special and extravagant.

CAPRICORN (December 22–January 19) Relationships are more important than you realize, so work to create better feelings between you and those you care about. Forget about arguments over unimportant matters, and clear the air on the vital ones. Your loved ones will appreciate your efforts.

AQUARIUS (January 20–February 19) Work will be easier because there won't be so many people around to take up your time. Ask others to help out with some of the jobs at home, but be sure to have a professional do t tasks that could be dangerous.

PISCES (February 20–March 20) Yo lovelife will be more rewarding as y and your partner settle some of t differences you have had. Take time enjoy each other's company by goi away for a short vacation to escape the pressures of work and family.

ARIES (March 21–April 19) Althou your relatives will be demanding, y must be tactful in what you tell the Because you are the only one they listen to, do your best to sort out th problems. Your advice will be appre ated. Also, make home repairs imm diately, before they cause trouble.

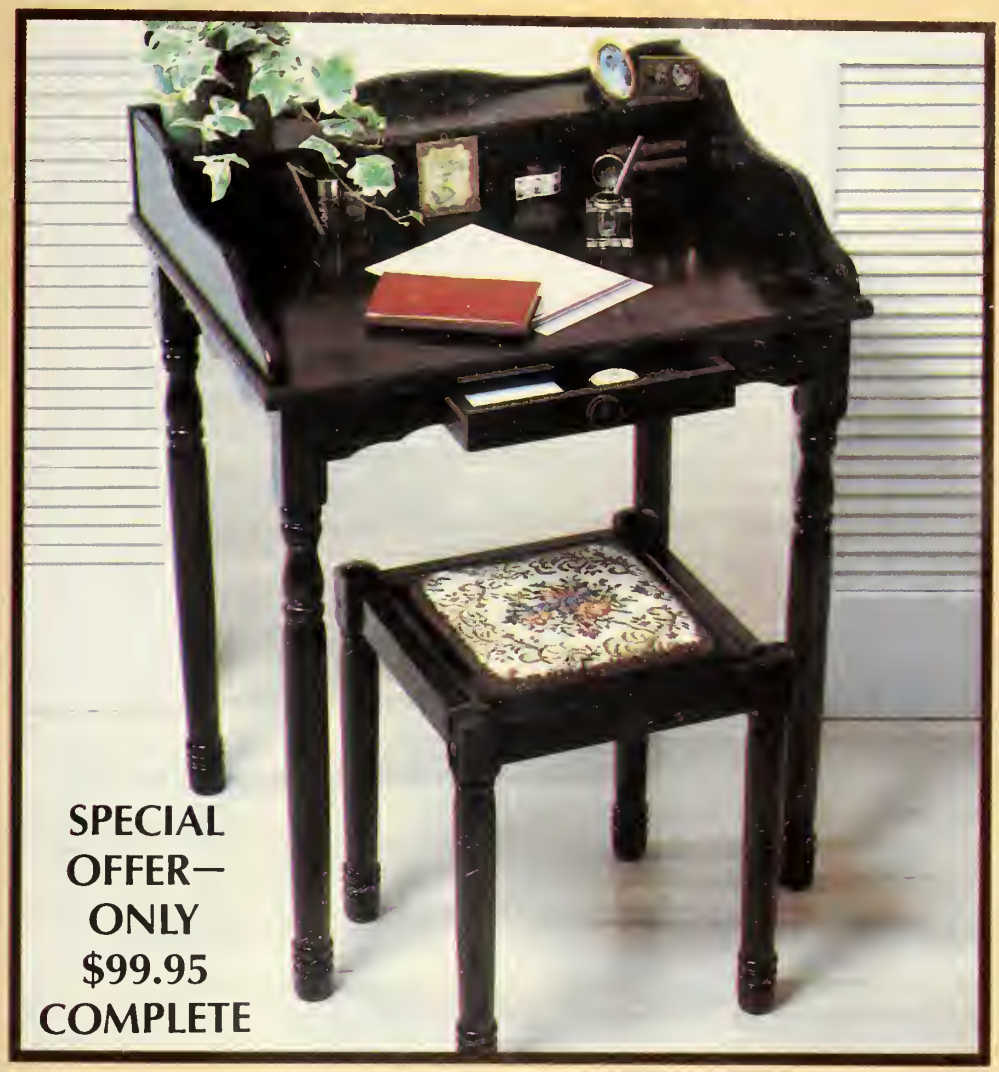
TAURUS (April 20–May 20) The be way for you to share your feelings is write letters to the people you ca about. They will treasure a written e pression of your love because a lett lets them linger over your sentimen Then follow up with a visit.

GEMINI (May 21–June 20) Discussio about money are very important. you put off talking with your ba manager, boss or spouse, you cou lose money. You'll find some exciti ways to add to your income, but sure to get all the details first. A pl that you're considering may not be the up-and-up. —FREDRICK DAVI

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One Nice Thing To Remember About Butter Is That It Has No More Calories Than Margarine...

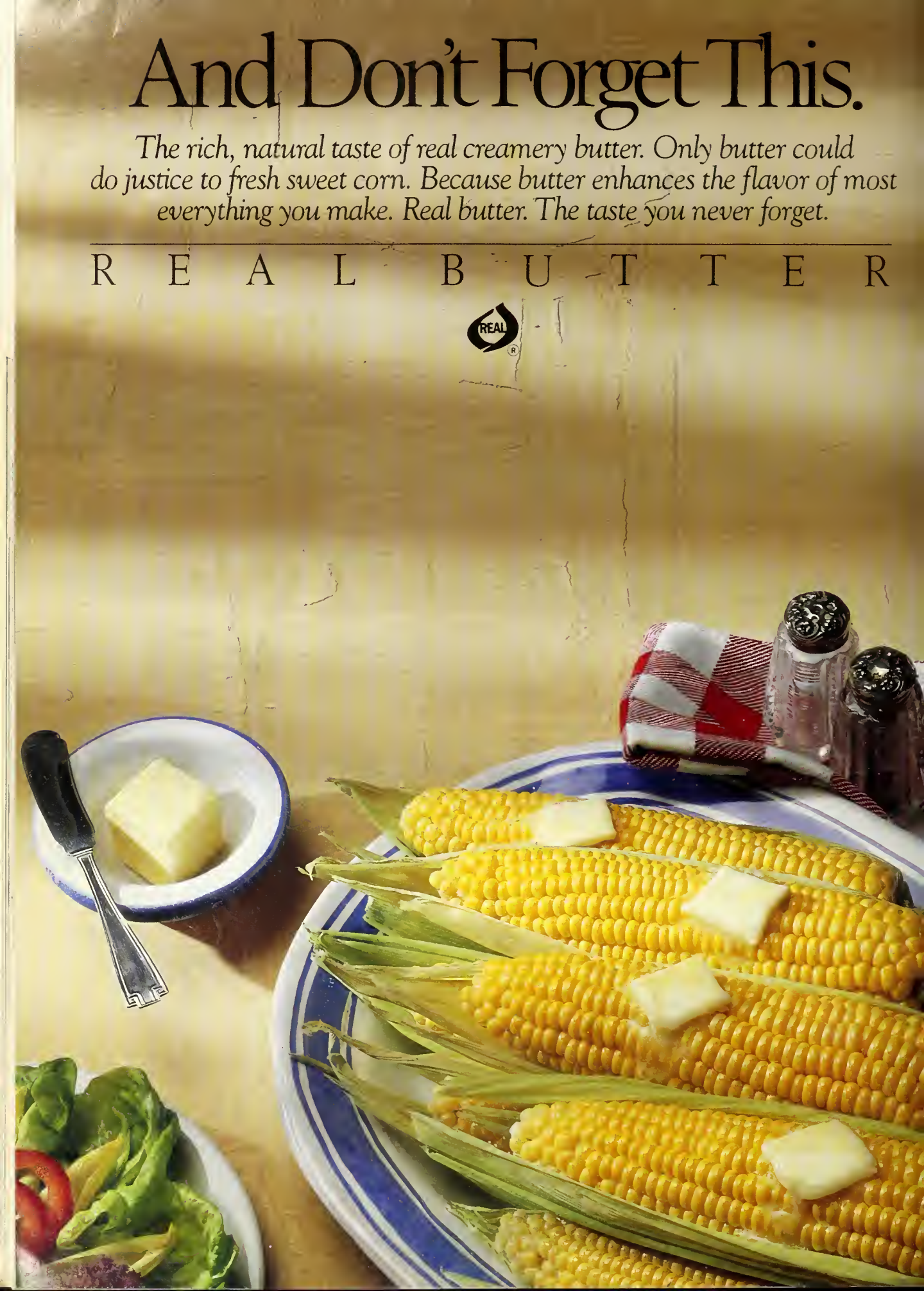


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R E A L B U T T E R



DIANA

continued from page 99

t, the slightest sulk, the most dis-
et frown, are all front-page news
und the world the same day they
ur. A whispered confidence can be a
ee-part series the next week, or if
y're very unlucky, a best-selling
k. Perhaps it should not be surpris-
then, that Diana was finally driv-
o say during a weekend spent with
Duke and Duchess of York, "I feel
pped." And while Charles, because
is background and breeding, knows
er than to articulate such feelings,
is expressing similar emotions by
king out on his own in ways that
lude Diana. In fact, Charles, like so
ny of his generation who are still
rching for the indefinable some-
ng that is missing from their lives,
begun to embrace much of the Cal-
nia New Age movement even be-
it has crossed the Atlantic.

Unlike his brother Andrew, who is
officer in the Royal Navy, Charles
no real career. The only job he has
r been trained for is that of ruler of
gland, a post that is not expected to
ome vacant for many years. In the
st to fill the emptiness in his life,
arles is aided by a spiritual guru,
Sir Laurens Van Der Post, a rather controversial figure who is also godfather to five-year-old Prince William, the couple's elder son. Van Der Post and Charles recently journeyed together to the Kalahari Desert to study African mysticism. It was a trip that left friends and acquaintances bemused. "There's nothing in the Kalahari—it's totally barren," they chorused. It was also a trip that left Diana cold, so she chose to stay home, something she has done more and more of late. When Charles went off to Italy to sketch, Diana again wished him bon voyage. They did travel to Spain together, but when Charles was invited to Barcelona to receive an honorary degree, Diana opted not to join him and flew home to be with William and his two-and-a-half-year-old brother, Harry. And yet even the children, who once brought such joy to the couple, have become a source of conflict.

Traditional vs. modern

It seems the royal couple can't agree on how to raise the young princes, which isn't really surprising. Charles is a product of the old-fashioned British school of child rearing, which deems that children should be seen and not heard. Almost from the time he could walk, he was repeatedly told that his privileged birth meant the three priorities in his life were discipline, duty and dynasty.

The crushing responsibilities quashed Charles's self-confidence before he was out of the nursery. The stifling nature of his formal upbringing was exacerbated by the fact that his parents were frequently absent on prolonged tours of the British Empire. After one six-month separation, Charles went to greet his parents at the royal yacht. Joining the dignitaries who were going past the receiving line, the confused little boy tried to shake his mother's hand. "No, not you, dear," the Queen whispered.

Diana wanted her children to be happier and more secure than her husband had been. Raised in a more modern environment, she sees herself as a progressive mother and believes children should be reasoned with and consulted, not ordered about.

When Diana gave birth to a son after the first year of marriage, Charles, as besotted by his new wife as the world was, let Diana's mothering philosophy hold sway.

But almost before William was out of diapers, the energetic and high-spirited young prince had *(continued)*

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DIANA
continued

earned the sobriquet of His Royal Handful. Staff members at Kensington Palace, Charles and Diana's residence, were plagued by his pranks. William's favorite early tricks played havoc with palace plumbing as he tried to flush an impressive variety of items down toilets. Tablecloths were too tempting not to be yanked, no matter how many breakables came crashing down around him. And when security alarms went off, palace police were less likely to search for intruders than to seek out the little boy they had dubbed the "Prince of Wails."

William's brattiness became more pronounced as he realized he was as much a star as his mother. Even as a toddler, he learned to play to the cameras that followed him everywhere. "William is very aware of who he is," said one palace observer. "It's very sad, actually. You can see his reaction when photographers are around." And it wasn't long before he was strutting through nursery school, bragging, "My daddy's the Prince of Wales, and he can beat up your daddy." The mothers of his nursery school classmates soon began to complain about the antics of the boy they called Billy Basher. But through it all, Diana insisted that no one raise a voice or hand to William.

Both parents must have been relieved when it became apparent that their second child, Harry, was cut from very different cloth. A solemn, even withdrawn, youngster, the newest royal is the one "with the gentler nature," as Prince Charles says.

Harry, too, has fallen victim to his big brother's boisterousness, even to the extent of being dangled out a window thirty feet above a gravel path. The tiny tyrant's behavior eventually began to bring public criticism, particularly when William rudely asked the newly knighted Sir Bob Geldof, the rock singer and famine-relief organizer, why his hair was so dirty. Not surprisingly, the children's nanny, no doubt feeling her hands were tied when it came to some good old-fashioned discipline, gave up. Nanny Barbara Barnes caused shock waves, both in and out of the palace, when she resigned last January, abandoning what is considered the plummiest post in her profession.

It was at this point that Charles started demanding an equal say in nursery decisions. He insisted that the new nanny be allowed more control over William and Harry. Whether Diana approved or not, the conservative Charles was especially determined that his eldest son, the boy who will be king, should be raised a man of character and not a spoiled brat.

But it isn't only in issues of parenting that Diana and Charles now differ. With the bloom off the fairy-tale romance, the contrast between the two has become remarkably pronounced. At one time they each worked to accommodate the other; now they no longer seem to try.. Diana, who has loathed chilly Balmoral Castle, the royal family's Scottish residence, from the time of her honeymoon, suddenly broke royal tradition last fall by refusing to go there. She persuaded Charles to vacation instead in sunny Majorca, off the coast of Spain; on another occasion, she sent him to Balmoral alone, while she stayed home.

Alone together

The aloof, independent Diana has never been close to her mother-in-law, the Queen, but the two now seem even further apart. The very traits that had once been described as bringing a breath of fresh air to the stuffy royal family have now begun to rankle. Diana doesn't like hunting and horses, and she doesn't try to hide it. Adept at making small talk, she is less skillful at more serious conversation, because her interests are narrow. Her critics complain that her attempts at self-improvement seem limited to going on yet another diet and buying even more clothes. Recently, detractors have dubbed her "thick and thin," referring to her brain and her body. It is said that Charles thinks and Diana giggles—endearing, perhaps, in the early stages of a relationship, but irritating as passion gives way to permanence.

The differences between the future King and Queen of England became particularly apparent after Charles's younger brother, Andrew, married Sarah Ferguson last year. Gregarious and ebullient, Fergie is a young woman who seizes life with both hands.

The unflappable Fergie isn't likely to become Princess Petulant, the way Diana does when things do not go her way. But even more than her personality and charm, Fergie brings compatibility to her marriage. She and Andrew are not only in love, they are good friends. They are close in age, enjoy the same people and pursuits and laugh at the same jokes.

Even though the Princess of Wales and Sarah see each other as "b.f.'s," best friends, it must be difficult for Diana, in shared confidences, to hear her new sister-in-law talk about how much she and Andrew have in common.

This month Diana turns twenty-six; four months from now, Charles will be thirty-nine. And while the maxim "age is a state of mind" has never been truer than it is today, Charles is a
who has for years been middle-age
his outlook. Now, however, he also
pears to be going through a mid
crisis. Frustrated by the lack of
real role, Charles has lost even mo
his fragile self-confidence. Fri
whisper that he is lonely and a l
depressed. And while Charles shar
closeness with his mother that he
er had with his father, the Queen
so far declined to do the one thing
could give her son a renewed sens
purpose in life—abdicate so that
can become King. Aware that this
ation may well continue for m
years, Charles must be asking him
"Is this all that life has to offer?"

Even in his daily routine h
eclipsed by his wife. With a chang
her hat or hairstyle, or the most ca
of remarks, Diana can grab headli
But Charles's best-prepared spe
full of wit and scholarly allusion,
er gets mentioned.

"What's the point?" Charles has
to friends. "I'm no good at anythin
is all a waste of time."

Like many a middle-aged
whose career has not lived up to
expectations, Charles has turned
where to fill the void in his life. L
ing for answers, he has immersed
self in various philosophical purs
including spiritualism. He has
studied alternative medicine and
twice traveled alone to Italy to pa

A royal identity crisis

While her husband is off discove
himself, Diana, too, seems less su
who she is. Royalty watchers and
British media have lambasted D
for acting too young and seeking
the company of actors and rock s
They have even gone so far as to l
her "the royal groupie." They di
prove of her fondness for Lon
nightlife and her habit of going to
cotheques with her chums . . . w
Charles stays home with the child

Other critics are less concer
about how Diana spends her time
than they are about her behavio
official functions. They cite the fo
dinner with the president of Port
not so long ago. A playful Prin
caused many a raised eyebrow w
she twanged the statesman's w
suspenders. "You're a socia
shouldn't they be red?" she asked
More recently, Diana set atwitter
military stuffed shirts of Sandhu
Britain's West Point, when she gig
and simpered throughout her revie
the officer cadets. "This was not
action of a future Queen," sniffed
senior officer. "This was meant to
solemn and sober occasion."

Diana's loss of popularity seem

Guess who cracked the roach egg problem.



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*Kills eggs during early development.

ed in to the public's new affection Fergie, who has quickly learned to comfortably balance a spirited re with the demands of life in the fishbowl. This unconscious com-ion with her sister-in-law, as well desire to be different, may also something to do with Diana's new not very flattering wardrobe. Of Diana has been accused of wear-rumpy, matronly clothes. Her out-which once were copied through-he world, have given way to odd, zed costumes. For the first time her marriage, the Princess was ntly omitted from the Internation-est-Dressed List.

young woman who is said to read y article published on her, Diana re than aware of the criticism. On i vacation in Klosters, Switzer-last winter, she and Fergie were ng tea together when they were ered by a pack of reporters. Asked t the huge medal she was wear-Diana joked, "I have awarded it to lf for services to my country, be-e no one else will!"

Saving the marriage

ana a young woman who has had ty thrust on her too early? And is les, the original "young fogey," now seems to be making the rapid sition to "old fogey," too wrapped up in himself to be aware of his wife's floundering? The answer to both questions seems to be yes, at least for now.

Like any modern professional couple with a young family, their major problem seems to be finding time to be with each other and finding the energy to enjoy it. Even though they are the world's most famous young couple, Diana and Charles are not very different from couples whose problems are reported in "Can This Marriage Be Saved?" Diana and Charles must recapture—or learn—the ability to communicate, to compromise and to accommodate each other.

The royal couple once delighted in their differences; family and friends believe those feelings are still there, that they have been suppressed by the pressures of a daunting duty. As Charles himself remarked to a friend two months ago when talking about his marriage, "We still have a great time together when we get five minutes alone. We both get enormous pleasure from our children and wish we could spend more time with them."

Ultimately, it will be Charles and Diana's love for their children and their country, and their respect for the royal roles they play, that will enable them to grow, both individually and together.

Recently, Diana has made some moves in that direction. Recognizing that she became one of the world's best-known and best-loved women before she even uttered a hundred words in public, she has now said that she is interested in learning how to write her own speeches. Also, Diana's warmth and instinct for people remains undiminished. During a recent hospital visit, she made a point of shaking hands with an AIDS patient, showing that she did not fear him, and thereby helping to dispel harmful myths and prejudices about the disease.

On a personal level, too, Diana is trying to carve out for her family some private time away from the public pressures. Acknowledging that it will be impossible to skip going to Balmoral every year, she has undertaken the renovation of a small shepherd's cottage on the royal estate. Diana plans to use the hideaway as a picnic spot for her family. So far, the four-room cottage doesn't even have running water, but it is surrounded by acres of grounds for the Princes to explore.

Perhaps Charles, too, in his current soul-searching, will make discoveries about himself that will enable him to meet Diana halfway. And perhaps also by the time they have been married seven years, instead of enduring the clichéd restlessness, they will be celebrating the birth of the daughter for whom they both long. **End**

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BACK TO LIFE

continued from page 39

point, I considered anything that was inconclusive to be hopeful," John adds.

Maureen also refused to give up hope. She spent twelve hours each day at Kim's bedside, holding her hand and talking to her constantly. "I realized that Kimberly was a fighter, and I joined her fight," Maureen says.

John often stayed throughout the night during Kimberly's most critical period. Because he worked in hospitals, he worried about staffing levels, which are generally lower at night.

Fortunately, he was there when one of Kimberly's lungs collapsed at four in the morning, during her first week in the hospital. (When this happens, air is suddenly pushed from the lungs into the chest cavity and must be released through a tube.) "There was nobody there to put a chest tube in her, so I said I'd do it," John remembers. Several weeks later, John had to repeat the emergency procedure when Kimberly's lung collapsed again.

But the Ryans say those two incidents were unusual. They feel the staff at the medical center monitored Kim as closely as possible and that she received the best care available.

Another crisis

For a few weeks, there was little change in Kim's condition. Then, early on the morning of May 7, the Ryans got an urgent call from the hospital. Kimberly had worsened considerably and probably would not survive through the day. Maureen and John rushed to the hospital.

On the way there, John finally admitted to himself that his daughter might die. "After someone's on a respirator two or three weeks, things often reach a critical point," he says. "I had a feeling that this might really be it."

But when he arrived at the hospital, he changed his mind. One of the doctors said, "You're putting your wife through a lot. Unplug the respirator."

"No," John answered firmly. "Let her die in God's time."

Although John agreed that Kim *was* really dying, he felt that they shouldn't give up until they understood her deteriorating condition. He thought that another X-ray was called for, and at 4:30 P.M., Dr. Rushing came in and agreed. The X-ray showed fluid on one of Kim's lungs, which was traced to a leak in one of the nutritional IVs. The fluid was drained, the IV was replaced and Kim's condition began to improve.

But even as John and Maureen were fighting together to save their daughter's life, the rift between them continued to grow. Although John had realized how absurd it was to bl Maureen for Kim's accident, he still hurt and angry.

And Maureen was feeling deep g "John was the hero who saved K life, and I was the idiot who let it pen," she says. "We never talked a her accident. I was afraid he w say, 'Maureen, I blame you.' "

Meanwhile, on Kim's fiftieth da the hospital, her condition worsened again. She developed pseudomonas extremely virulent bacterial infectio her trachea. To combat it, doctors ad istered an antibiotic.

John didn't like the idea of using drug, Garamycin, because it had linked to deafness, but at the tin was the best antibiotic available Kimberly's infection. After two we however, John began to ques whether the drug should be given longer. He called in an expert in i tious diseases. The doctor agreed John, and the Garamycin was stop

After that, Kimberly's lungs b to improve, and she was gradu weaned from the respirator. By sixty-seventh day of her hospita tion, she was breathing on her Six days later, still semicomatose was moved from intensive care u to the regular pediatric floor.

However, after she was mo "Kimberly kept vomiting up the mula she was being given," says M reen. "And then she would lie ther that metal crib in that cold, w austere room and grate her teeth. day, it finally got to me, and I wer Dr. John Maloney [chief of pediat and told him I was taking her hor

Because Maureen was a nurse, loney agreed to release Kimberl her. But Kim's prognosis for reco without brain damage remained bl The day she was discharged, an in who had cared for her said to Mau "She will be a tragic reminder of a accident. Expect a life of servitude

"He made me very angry," Maureen. "So I told him that I w prove him wrong."

The best medicine

At home, Maureen surrounded daughter with toys and played m for her. For five nights, Maureen on the floor in Kimberly's room. ing the day, she cuddled her daug constantly. "I had been unable to her for so long because of all the t and needles that I was happy ju hold her and rock her," Maureen

Gradually, Kim's eyes, which been stationary since the accident gan to follow her mother around room. On the sixth day Kim was h Maureen began to feed her Che

and Trix one at a time. "She started to show some facial expression," remembers Maureen. "I could tell it was exciting for her to taste again."

From that point, Kim's progress was rapid. Eight days after she left the hospital, she started to talk. Soon, all her pre-accident vocabulary returned. Finally, after thirteen days at home, Kim smiled at her mother for the first time since the accident. Maureen suddenly knew for certain that her daughter was going to be all right.

Kimberly's problems, however, weren't completely over. Seven months later, John and Maureen discovered that she had suffered severe and permanent hearing loss, probably from the Garamycin. But the Ryans aren't bitter about the loss—they're just glad to have their daughter back.

Once Kimberly was on the road to recovery, Maureen and John began to put their marriage back together. But even as they grew close again, Maureen says, she still suffered from a loss of self-esteem. She desperately wanted to start a support group for parents going through a near-drowning ordeal, but she still felt so guilty about her daughter's accident that she feared that she would be rebuked and criticized if she told her story.

Maureen didn't get over her fears until three years after Kim's accident, when a nurse asked her to speak with the mother of another near-drowning victim. "After I helped that mother deal with her son's ordeal, I felt better about myself," she says.

That same year, Maureen formed a group called Parents of Near Drownings (POND). In addition to lending support to parents, she put together a list of water-safety tips, gives talks on water safety and campaigns locally for pool-safety ordinances.

Maureen and John also urge parents to act as advocates for their children if they suffer serious accidents. "Parents should get involved with their child's medical care, regardless of whether they're medical people," says Maureen.

Today, although Kimberly wears a hearing aid and attends a school that provides special services for the hearing impaired, she has the life of a normal, active ten-year-old. She enjoys school, plays the piano, likes boys and swims like a fish. No one can explain why she recovered so completely. Certainly her medical care and her parents' love and support played a big part. But John and Maureen agree that Kimberly was also very lucky.

"We were given a great gift," says John, "and we're truly thankful." **End**

For more information about CPR and artificial respiration, see page 40.

MIKHAIL BARYSHNIKOV

continued from page 74

ignored, I was ready to leave and said good-bye to the host and hostess.

A Christmas surprise

On Christmas morning, I received a call from Remi Saunder, Misha's confidante of the moment. She invited me to a holiday dinner being given for Misha by a friend. It would be an intimate affair, with just a few Russian friends and fellow dancers.

My inclination was to bow out at this point, but then I hit upon a plan. I'd show him how well I could take a joke. I would *wear* his gift. I'd walk in with the pacifier pinned to my sweater and pretend that nothing was wrong. *Something* was bound to happen.

When I arrived at the party, I planted myself on a huge couch. Only a few guests had an unobstructed view of my dangling nipple; they glanced at me curiously. When Misha breezed into the room, decked out in a dark suit, he wished everyone a happy holiday and sat in a chair on the other side of the room. He barely even noticed that I was wearing clothes.

I was fuming. After some drinks and casual conversation, the guests began to migrate toward a small drawing room, where a pile of brightly wrapped gifts had been stacked. Misha and I were left alone together for a few minutes. There was a long, awkward silence. Finally he cleared his throat and gave me a crooked smile. "Gelsey, any-sing wrong?"

He sounded like he had just asked me for a weather report. My tongue was burning with acid. "No, Misha, what could possibly be wrong?"

His eyes pointedly avoided my pin. "You upset about some-sing?"

"What could I possibly have to be upset about, Misha?"

He shrugged and turned away. After a few moments, tears were once again threatening to betray me. He suddenly twisted back toward me, brightening, "Oh, Gels, thank you for present. Remi vill take ring to make smaller. Is very nice. Thank you."

As I nodded and looked hard into his face, we were called to join the other guests. Misha scooted out ahead of me.

In the drawing room, Remi handed out the gifts. She presented me with a neatly wrapped package. The card said, "To Gelsey—From Misha." I knew the handwriting had to belong to Remi. I unwrapped the package, still hoping to find a note, anything that might acknowledge my existence, maybe just a word of appreciation about the work we had done over the past few months. What I found when I *(continued)*

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MIKHAIL BARYSHNIKOV
continued

undid the paper was a box of bonbons.

As we marched into the dining room, I asked myself if this great artist had ever in his life touched another human being. Had we ever really danced together? I bit my tongue.

Misha and I were placed side by side at the lavishly set table. He patted my cheek and called to his devoted friend across the table. "Remi. Pretty girl, huh? Beautiful!"

That was all I could take. I abruptly pulled away from him and back from the table, protesting in a loud voice I hardly recognized, "Misha, stop it!"

"Gels, vhut happened?"

"Misha, in *Coppelia*, do you know the doll? Well, that's not me! I'm not that doll!" I quickly left the room.

Misha came running after me just as the elevator door opened. He yelled, "Gelsey, stop! C'mon, Gels . . . vait. Please. Tell me, vhut is it? Some-sing is wrong?"

I stepped inside the elevator. "If you don't know by now, I'm not about to tell you."

The door slammed in front of his face. As the elevator plummeted, I felt that terrible kind of relief that comes when you know you have broken your own heart for the best of reasons. **End**

FRANK SINATRA
continued from page 73

He warned him of the repercussions and explained that his fans would not tolerate a separation, but Frank refused to budge.

That night he went to a party given by Sonja Henie, where he danced all night with Lana Turner. The next day Evans was forced to announce the separation that he had been trying for years to prevent. "It's just a family squabble," he said. "The case of a Hollywood career, plus a man-and-wife fight. There's no talk of divorce. Frank has a few days off so he's gone to a desert resort for a little privacy."

But Frank spent those few days in Palm Springs, where he was seen dancing with Ava Gardner and dining with Lana Turner at the Chi Chi Club.

Two weeks later, Phil Silvers opened at a Hollywood club and had Frank join him onstage. As Frank was singing "Going Home," he saw Nancy sitting in the audience. Twice his voice quavered, and once he choked, but he made it to the end. Grim-faced and oblivious to the applause, he returned to his seat. Before he could sit down, Phil swooped over and steered him to Nancy's table, where she was waiting with her eyes full of tears. Frank asked how the children were and put his arms around her as the audience cheered. They danced once and left to spend the night at Frank's new bachelor apartment before returning home the next day.

Nancy clung fiercely to her patched-up marriage. She and Frank tried for a new start by buying a $250,000 house—with a cobbled courtyard, a swimming pool and a garden—in Holmby Hills. They also designed a $150,000 air-conditioned house in Palm Springs with a swimming pool shaped like a grand piano, and on June 20, 1948, they had their third child, Christina, a special present for Father's Day.

Frank showered his wife with gifts as if to salve his conscience, but ever restless, he continued seeking something else away from home, and not always with discretion.

The "home wrecker"

By 1949 Frank was wildly, and defiantly, in love with Ava Gardner. When Nancy refused to give him a divorce, he walked out on her again and began to flaunt his love for Ava in earnest.

The press reaction was swift and harsh: Frank was depicted as a heel for treating his wife so shabbily, and Ava was labeled a home wrecker. Yet when Frank went to New York in March to open at the Copa, Ava went with him, ostensibly on her way to Europe to film *Pandora and the Flying Dutchman*. Letters poured in vilifying Ava for her role in the breakup of Frank's marriage. After New York, Frank joined Ava in Spain and brought with him a $10,000 emerald necklace. The press followed en masse.

Nancy clung on, trying every delaying tactic she could think of in the hopes of outlasting Ava and bringing Frank back home. "What can she do for him in bed that I can't do?" she asked plaintively.

Frank had agreed to pay Nancy $2,750 a month in temporary support. Later, he wanted so much to be free of his wife that he signed an agreement to pay her one third of his gross income up to $150,000, and 10 percent of the gross above that figure until her death or remarriage, with the payments never to fall below $1,000 a month. In addition, Nancy kept the Holmby Hills home, stock in the Sinatra Music Corporation and custody of the children. Frank kept the Palm Springs house and all his musical compositions and records.

Encouraged by the public support she received from the Catholic Church as well as from the Hollywood press, Nancy continued to refuse Frank a divorce, convinced that he would eventually come back home. She saw how physically drained he was by his tempestuous relationship with Ava Gardner. She knew of their ugly fights and Ava's resentment of Frank's cronies, who were always hanging around. She also knew how much Frank missed the comforts of home, where she kept things as neat and clean as he liked, where there was always a jar of the homemade spaghetti sauce he loved in the refrigerator. And she saw how guilty he felt about leaving the children.

Nevertheless, Frank finally decided to push Nancy hard for a divorce. After giving her a mink coat for her birthday, he pleaded for his freedom. "If I cannot get a divorce, where is there for me to go, and what is there for me to do?" he asked. Nancy gave in. She notified her attorney of her decision and then called the press.

Frank capitulated to every one of her financial demands. In addition to all his previous promises, he agreed to pay her $65,000 immediately after the divorce and $21,000 more by December 31, 1952, or she would have the right to take over the one asset he had left, the house in Palm Springs.

On October 31, 1951, Nancy Barbato Sinatra was granted an interlocutory decree of divorce after testifying to Frank's many acts of mental cruelty. Fifteen minutes later the rejected wife left the court a rich woman. **End**

I ROCK HUDSON

continued from page 71

ankin. He came home and said, "Dr. ankin is a Milquetoast. I'm not going see him any longer."

I knew that we had reached an im-asse in our marriage. The next day, ock moved out.

The most famous lawyer in Hollywood

few months after Rock left, I real-ed there was no telling what devilish hemes Henry might be pushing Rock to. I knew I had certain rights as a ouse, and I had better protect them. needed a lawyer.

Jerry Giesler was the most famous wyer in Hollywood, perhaps in merica. He'd helped Errol Flynn, harlie Chaplin, Marilyn Monroe and hers. I poured out my story to him.

Mr. Giesler seemed deep in thought, nd I began to wonder if he had been stening. Then he spoke.

"A week before you were married," e said, "Rock and Henry Willson me to see me. *Confidential* magazine as planning to run a story that would e very damaging to Rock's career. It ems there had been a sexual esca-ade at Henry's house involving Rock id other men. One of them talked to *onfidential* about it. Rock and Henry sked me what I could do to stop the ory. I told them the First Amend-ent prohibited prior restraint. On eir way out, I heard Henry say, 'e've *got* to find a way!' I didn't know hat he meant. Now I do."

After I left Mr. Giesler's office, I lled Rock at his new apartment and sked him to come over. When he ar-ved, I told him what I had learned.

Rock's face whitened.

Then I asked him, "Is that why you arried me, Rock?"

"No, of course not! I didn't marry ou because of the *Confidential* story. 'e got it fixed. We hired a gangst—" e stopped himself midsentence, and e seemed in a panic.

"Rock, it's time for us to talk," I said. What is going on?"

"Nothing is going on," he insisted.

"Did you and Henry have an affair?"

"Yes. But it was nothing." He rugged. "Henry sleeps with most of s clients."

I was too shocked to respond. Until at moment, something within me ad tried desperately to discount all e evidence that Rock had been in-olved in homosexual affairs. Now I ad heard it from Rock himself.

Always the last to know

Your husband was unfaithful to you Italy. I have proof."

"I can't believe it. Who was she?"

"Phyllis, you're so naive. It wasn't a she. It was a *he*."

One of my closest friends was telling me this. He had heard about an Italian actor who had arrived in Hollywood. The actor had been Rock's lover and had flown here to continue the romance, but Rock wouldn't see him, and the Italian was bitter. My friend invited him for drinks, and the Italian spoke openly about the situation.

When I went to see Mr. Giesler again, I told him what I had learned. "This is a very grave matter, Mrs. Hudson," he said. "It would mean the end of Rock's career. Do you want to use it in your divorce?"

I felt a devastating malaise as a thousand thoughts darted through my mind. Why did Rock do this to me? Why had he hurt me so? Did he ever tell me the truth? So many questions. No answers. I felt betrayed, tricked, humiliated. He and Henry Willson had played a monstrous game with my feelings. How naive I had been. I wanted to be out of it, fast.

"I'm not going to use the Italian actor as corespondent," I told Giesler. "That would only harm Rock's career, and I'm not going to do that. I just want a divorce, and to be rid of him," I said. "I can't take any more lies." **End**

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LAST LAUGHS

Out of the mouths of babes

One afternoon when my children were discussing their ages, my son, Joe, held up four fingers and said, "I'm four years old." His sister, Ann, held up all five of her fingers and correctly announced, "I'm a handful!"

—Cathy Fox, Oshkosh, WI

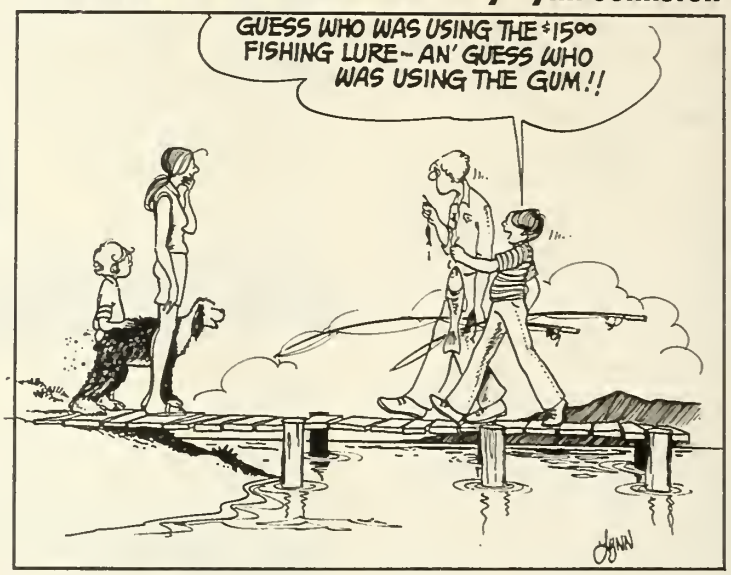
While my mother was teaching my preschoolers to count, she pointed to each one and said, "Keith makes one, Kyle makes two, Jill makes three, Grandma makes four, and what does Mommy make?" Keith, then three, said, "Dinner!"

—Jackie Kleppinger, Bradenton, FL

Recently I was helping my ten-year-old study for her science test. "What do you call the materials in food that the body cannot store or use?" I asked. My six-year-old son, who had been listening intently, called out proudly, "Green beans!"

—Barbara Irwin, Whitney, TX

FOR BETTER OR FOR WORSE **By Lynn Johnston**



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THE MIRACLE

The noise has risen
To a roaring din.
The kids are at it
once again.

Into the melee—
Braving the fray,
Mom steps in
To save the day.

Then it happens—
I'm in shock.
Mark the calendar!
Stop the clock!

They didn't question.
I didn't plead.
I made a suggestion,
And the kids agreed!

—Sheri Webster

It wouldn't be a real family reunion if . . .

Someone didn't mention the extra five pounds you've put on

Four relatives didn't confuse you with your sister, who doesn't resemble you in the least

You didn't make more potato salad than most people see in their entire natural lives

One of your kids didn't say something like "Mommy, is this the Aunt Martha who gave us the vase you hate?"

Your husband didn't invite several sets of distant cousins to spend Labor Day weekend at your house

By the end of the day you weren't already making plans for next year's get-together

—Jessica Summers

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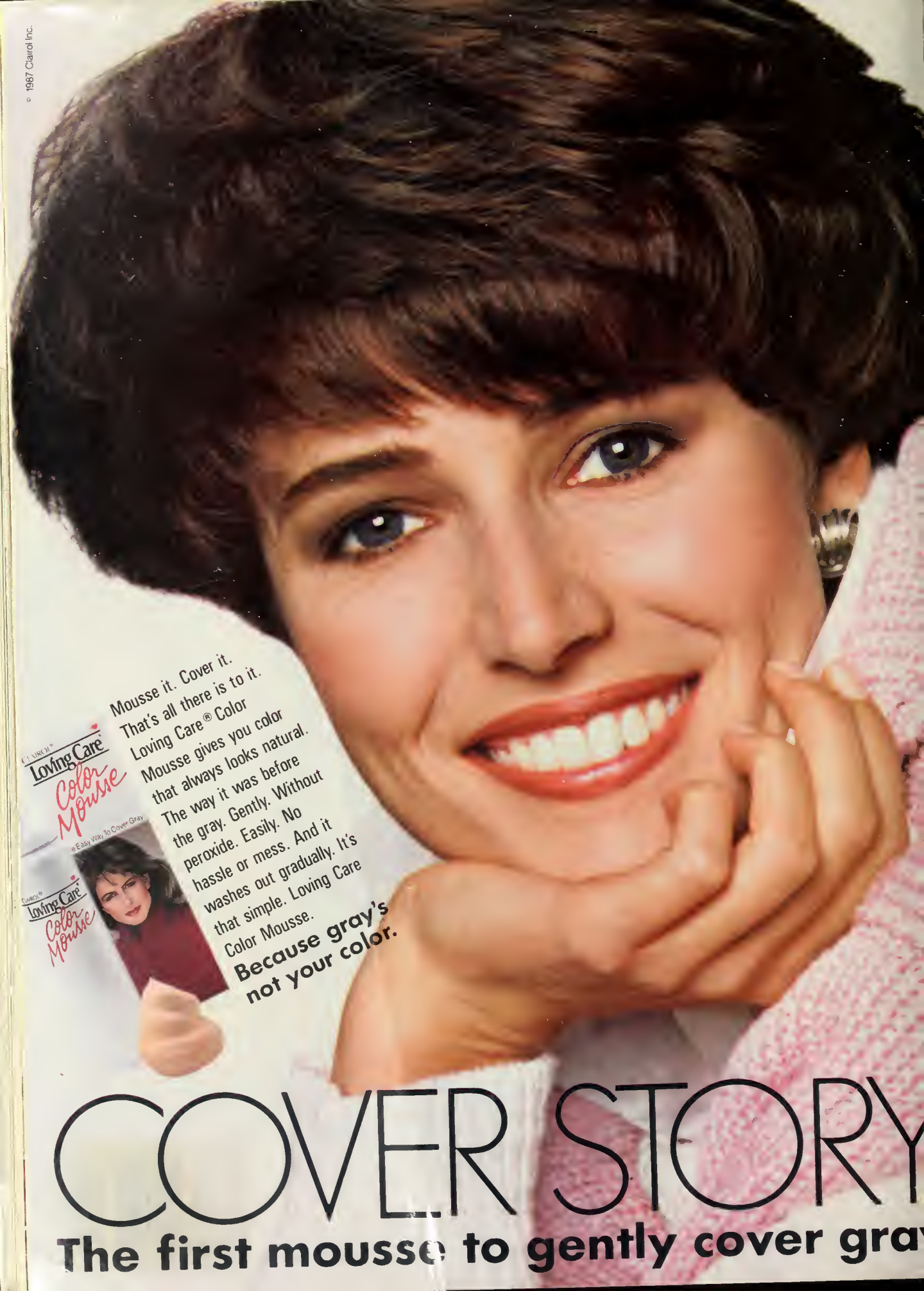
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EDITOR'S JOURNAL



Estate of Elvis Presley

Elvis's favorite recipe

What did Elvis Presley eat when he needed son real Southern comfort food? Well, according Jane and Michael Stern (who are the authors ten books, including the popular cookbook *Re American Food,* as well as a great new book Elvis), his very favorite snack was a fried peanut butter and banana sandwich. Since Elvis died t years ago this August, we have in this issue a special photo salute to the still fascinating king rock 'n' roll from the Sterns' unique book, *Elvis World* (page 53).

In case you want to whip up one of Elvis's down-home delights, you'll need two tablespoo smooth peanut butter, two slices super-soft white bread, two tablespoons margarine and o ripe banana. If the ingredients don't put you off, spread peanut butter extra thick between slic of bread. Then melt margarine in a frying pan over medium heat and brown the sandwich on bo sides in melted margarine. Remove the browned sandwich from pan, gingerly pry open (you dor want to mess it up now, do you?) and spread mashed banana on the warm peanut butter. C carefully and serve right away (if you dare). Eat with a knife and fork while listening to Elvis recording of "Always on My Mind" or "Heartbreak Hotel."

What other treats are included in this red-hot midsummer issue? There's an interview with the always intriguing Cher (page 36), who shares her feelings about children, men and work. There's also an insightful discussion of Nancy Reagan's tough role as First Lady (page 64), a report on the new victims of cults (page 46) and some memories of Marilyn (page 92), the third personality in the issue who needs only a first name for identification. Besides all this scintillating reading, there's lots of interesting and important information as well, from the facts behind the headlines about breast cancer and alcohol to more than a dozen midsummer health and beauty boosters to an absolute harvest of fabulous fruit and vegetable recipes—just in case peanut butter and mashed bananas are not your thing.



Michael and Jane Stern, authors of *Elvis World*, tak a break from cooking

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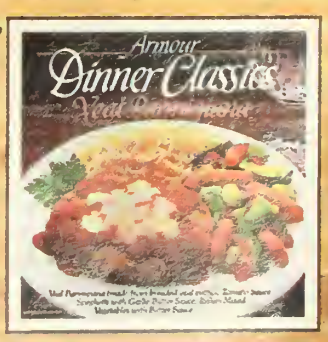


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My husband is never there for me

By Lois Duncan



This case is based on information from the files of the Family Counseling Center of Sarasota County, Sarasota, Florida. The story reported here is true, though names and other details have been changed to conceal identities. The counselor in this month's case was Steven J. Steiner, M.S.W.

Joyce's turn

"HENRY AND I HAVE BEEN MARRIED eleven years and have four beautiful daughters, but I feel like a single parent," said Joyce, twenty-nine, a tall, willowy blond. "Henry is never here when I need him. In fact, he spends so little time at home that he's virtually a stranger to our four children, aged eleven, ten, eight and seven.

After eleven years of marriage, Joyce was exhausted . . . and lonely. Why couldn't Henry see she wanted a husband—not a roommate?

"Henry is a chef. He works fifty to sixty hours a week at a restaurant, but his hours away from home add up to far more than that. He leaves the house midmorning to cook the lunch shift, stays to work the dinner shift and sometimes doesn't return until long after midnight. The restaurant kitchen closes at eleven P.M., but after work Henry often stops at a local bar for a few drinks. By the time he gets home, he goes straight to sleep.

"It's hard for me to accept this kind of relationship with the man I love. I was raised in a close-knit family that enjoyed doing things together. Mom worked the graveyard shift in a factory, but she was always home when my brother, my three sisters and I went to bed. My father, who managed a hardware store, also spent his free time with us.

"Despite a lack of material luxuries, I had a very happy childhood. My memory of my parents is that they got along perfectly. I don't think they ever argued about anything. In fact, my major goal in life was to have a marriage just like theirs.

"My chance came sooner than it does for most girls. I spent most of my afternoons and evenings baby-sitting, but one Sunday afternoon when I was fourteen, my older sister asked if I'd like to go with her to an Under 21 club picnic. That's where I met Henry. I know it sounds corny, but it was love at first sight. If it had been up to me, I would have married him immediately. My parents wouldn't hear of such a thing. So, to appease them, Henry and I reluctantly agreed to wait until after I had graduated from high school.

"Well, everything didn't turn out quite as I had expected. In my senior year, I became pregnant and left school. Henry and I were married just before Christmas.

"Since my mom was so old-fashioned when it came to sex—she never volunteered any information about the facts of life, and I was just too shy to ask—I naively thought that a nursing mother could not conceive. Wrong—eight weeks after our first child, Cindy, was born, I discovered I was pregnant again. *(continued)*



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CAN THIS MARRIAGE

continued

"Still, Henry and I were very happy After all, we both came from large families and wanted lots of children.

"However, after our second baby, Sarah, was born, Henry started spending less and less time at home. He also began drinking after work.

"In all fairness, I couldn't resent his work hours—he had a growing family to support—but I hated his socializing at the restaurant when he could have been at home with the kids and me.

"After Sarah's arrival, I started taking birth-control pills. Before long though, I developed terrible headaches. My doctor suggested I stop using the Pill and try a diaphragm instead. Before I had a chance to buy one, I learned I was pregnant again.

"Throughout my third pregnancy Henry continued staying out late. I was terrified I would go into labor and not be able to reach him. Though he did get home in time to drive me to the hospital, he was in no condition to give me any emotional support.

"After Betsy's birth, Henry raised the subject of sterilization. I couldn't believe what I was hearing. Motherhood was the only thing that was giving my life any meaning, and the idea of not being able to have another baby threw me into a panic.

"In fact, I deliberately got pregnant again as quickly as possible. After that, Henry insisted I have my tubes tied; reluctantly, I agreed.

"Soon afterward, without discussing his plans with me, Henry registered for classes at a culinary institute in another state. This meant we had to move away from my hometown, and I lost my support system of friends and family. It also meant that because Henry could now work only part-time I was forced to get a job.

"Having to go to work upset me—not because I'm lazy—but because I feel strongly that young kids need a full-time mother. Still, with Henry making the decisions, never including me, I didn't have much choice. And because I had never graduated from high school, I didn't have many job options either. The best I could find was hostessing in a nightclub.

"For the next year and a half, I worked from four P.M. to two A.M. I suffered agonies of guilt about being away from my children. Needless to say, with Henry in school all day and coming home just as I was rushing out the door to work, he and I hardly saw or spoke to each other.

"During that time, I did something I'm terribly ashamed of. I had an affair with a customer at the club where

worked. The relationship wasn't important—it was just a silly flirtation that went on for a couple of weeks and eventually led to a one-time sexual experience. But Henry found out—while looking for the car keys in my purse, he saw a note this man had written me—and it hurt him deeply.

"In the long run, though, I think my affair actually helped our marriage. Suddenly, Henry started paying some attention to me. He brought me flowers, left little love notes on the refrigerator door and was very much interested in sex again.

"However, once Henry completed his schooling, his romantic overtures stopped as abruptly as they had started. He also began drinking again—not all the time, but every month or so he'd go on a binge. Now when he comes home from a night of carousing, he either goes straight to the television or he wants to have sex. I refuse to make love to a drunk. On the few occasions he is home, he hovers on the edge of the family like a reluctant visitor. Henry spends his time alone doing home repairs or working in his big vegetable garden behind the house.

"For my part, I do my best to make our home a pleasant, peaceful place so Henry will want to be there. I take care of paying the bills and balancing the checkbook—a chore I hate, by the way—and I never ask him to deal with any parenting problems. Our daughter Betsy isn't doing well in school, but I handle all the teacher conferences myself.

"When I think back on how attentive my husband was when he found out I'd been unfaithful, I'm almost tempted to have another affair. I'm not going to, of course. Henry is the only man for me. Still, I never expected married life to be so lonely."

Henry's turn

"I know I'm drinking too much, and I'm going to cut back," said Henry, thirty-four, a rangy, fair-haired man with a serious manner. "I'm not an alcoholic; I can stop when I want to. But it can't be good for the kids to see their father with a hangover.

"I know that from personal experience. My father, a mechanic, was an alcoholic prone to violence. My mother was a clerk in a local department store. They had a terrible marriage. I wasn't lucky enough to have had Joyce's happy childhood. Mom dealt with Dad's outrageous behavior by refusing to have any contact with him. Because I was the oldest of four, Dad often took out his anger on me.

"When I was young, I worked very hard in school, hoping to win my father's approval. By the time I was in my teens, I had given up trying. My parents divorced when I was fifteen, and I started drinking, taking drugs and just generally messing up. My grades crashed, and I lost all interest in my classes.

"When I was seventeen, I dropped out of high school and signed up for a cooking apprenticeship at a government job-training program. It turned my life around. I was good at cooking and really enjoyed it; before long, I started dreaming of owning my own restaurant. Having a goal like that got me back on track. I cleaned up my act, stopped the drugs and drinking and returned to school to earn my diploma. I graduated from high school and the apprenticeship at the same time.

"That's when I met Joyce. Her commitment to old-fashioned values was one of the qualities I loved most. She yearned to devote herself to her family, and coming from such an unhappy home, I thought that was terrific.

"It wasn't until after we were married and the kids were coming nonstop that I fully appreciated how much it costs—financially and emotionally—to raise children. I'd been delighted about our first two babies, but when Joyce got pregnant a third time, I really panicked. I began drinking to get my mind off all my worries.

"Because neither the Pill nor the diaphragm had worked for Joyce, I suggested, after Betsy's birth, that Joyce be sterilized. I was shocked when she burst into tears, and even more shocked when she immediately got pregnant again. After Lori was born, I again suggested Joyce have her tubes tied, and finally she agreed.

"With a large family to support, I obviously needed to earn more money, so I registered for classes at a culinary institute. If my skills improved, my chances of getting a higher-paying job improved. This meant Joyce had to get a job. I felt horribly guilty about my wife working in a crummy nightclub. As if that wasn't enough, I discovered that Joyce had been having an affair.

"The pain of that discovery was worse than anything I'd ever experienced. I quickly made a concentrated effort to rev up our sex life—sheer exhaustion had caused me to neglect that part of our marriage.

"Somehow, we weathered that rough period. I graduated from culinary school and got a good job as a chef. I'm pleased that Joyce doesn't have to work anymore. She's so good at running a home; those kids don't need their dad for anything other than his paycheck. That's just as well, because girls are a foreign breed to me. Over the years, my five ladies have developed their own ways of *(continued)*

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CAN THIS MARRIAGE
continued

doing things. I try not to interfere. When I'm home, I spend as much time as I can in my vegetable garden.

"I've got a good life, a lovely wife, four terrific daughters and a job I enjoy. I don't know why I've been drinking so much, but I swear I'll cut down."

The counselor's turn

"Without realizing it, both Henry and Joyce were using Henry's drinking as an explanation for their unsatisfactory relationship," noted the counselor. "By doing this, they were overlooking the main issues. Henry obviously had a problem, though his drinking was less habitual than it was stress related. His increased drinking over the last few years indicated he was far less happy than he was willing to admit.

"Henry had been drawn to Joyce because of her nurturing personality and her desire for the kind of home life he had never known. In theory, he agreed with her ambition to be a full-time mother and have a large family.

"However, when his wife set out to make her dream a reality, Henry found he had let himself in for more than he had bargained for. As his financial pressures mounted, Henry had to push his long-time dream of owning a restaurant further into the background. Even worse, he was unable to reap any tangible reward for his sacrifice. The more hours he spent working, the less time he devoted to family activities—until he felt like a visitor in his own home.

"Henry and Joyce's problem was a classic case of lack of communication. Though these two people had been married a long time, they were completely out of touch. Joyce especially found it impossible to talk about her feelings. She had been brought up in a family in which the parents never aired their differences. All couples disagree and fight, I told her, adding that her parents never allowed her to see that you could argue, settle your differences and move on. In an effort to entice Henry to spend more time at home, Joyce always shielded him from family problems.

"Unfortunately, this merely caused Henry to feel uncomfortable and unneeded. Her one-night stand had also been a misread message. Henry interpreted this single instance of infidelity as a sign that his wife was no longer in love with him rather than as what it was—a desperate bid for tenderness.

"When Henry first heard Joyce speak resentfully about living like a single parent, he was astonished; he quickly expressed his willingness to take over more parenting duties. The fact that he worked evenings and weekends, however, presented a very real problem. Even so, when they set their minds to it, Henry and Joyce came up with innovative ways to foster family togetherness. Henry volunteered to break up his workday and come home between his lunch and dinner shifts. This allowed him to greet his daughters when they got home from school and to help chauffeur them to their extracurricular activities. The family also had an early dinner before Henry returned to work.

"Because Henry was strongly goal oriented, I suggested he and Joyce set specific goals for themselves that would enrich their marriage and strengthen family unity. Henry was determined to find new ways to interact with his children—a far easier task than he had anticipated. To his surprise, he discovered that girls are as able as boys when it comes to gardening and helping with home repairs. Encouraged, he then decided to give his daughters cooking lessons. They were all pleased to discover that his culinary interest had been inherited! The girls were also happy to have so much more contact with their father, and as a result, Betsy's school problems soon improved dramatically.

"Joyce's goal was to learn to air her feelings. To encourage this, she and Henry agreed to set aside time to talk right after he got home from work. During these sessions, Joyce shared her concerns about household and child-raising problems. Once when they were discussing some unpaid bills, Henry immediately offered to take over that responsibility, thereby freeing Joyce from an unwanted burden and giving himself a more active role in running the family.

"Joyce and Henry were highly motivated to strengthen their relationship. Within two months, they had made enough changes in their life together to let them both feel their marriage had vastly improved. Henry also followed through on his promise to cut down on his drinking. Though he didn't give up alcohol completely, he set himself a cut-off point of two beers and confined his drinking to social occasions with Joyce.

"Within the next several years, Henry plans to open a part-time culinary school out of their home. If that is as successful as they hope, they will expand their business to include a homestyle, family-run restaurant. Being involved in the planning of this enterprise has boosted Joyce's self-esteem, allowing her to see herself not just in the role of wife and mother but also as a partner in an exciting venture." **End**

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Not without my daughter

By Betty Mahmoody with William Hoffer

My daughter, Mahtob, her red-brown curls tumbling haphazardly below her shoulders, dozed in her seat. It was August 3, 1984.

Moody glanced up from his book and said, "You better get ready."

I unbuckled my seat belt and made my way to the lavatory. I did not want to be here, but I had to make the best of it. I had just turned thirty-nine. After this vacation, Mahtob would start kindergarten back home in Michigan, and Moody would continue practicing medicine. He promised we would be home in two weeks.

In the lavatory I hunted through my purse for my thick black panty hose, then donned the heavy green scarf that Moody had said I must wear whenever I went outdoors.



Left to right: Betty's sister-in-law, Ameh Bozorg; Betty's husband, Moody; Betty; one of Moody's nieces; Betty's daughter, Mahtob

"I have been thinking," Moody said when I returned to my seat. "We will have to hide our American passports. Give them to me. They'll be more likely to search you since you're American."

And then we stepped off the airplane into the oppressive summer heat of Tehran. Mahtob clung firmly to my hand.

Someone yelled the words "Dear Uncle" in Farsi. Moody turned and called out a joyous greeting to a man racing in our direction. The two men fell into an extended embrace, and when I saw tears flowing from Moody's eyes I felt a sudden pang of guilt over my reluctance to make the trip. This was Moody's family. His roots. After living in the United States twenty-three years, since the age of twenty-four, of course he had wanted, needed, to see them.

I had been happily married for seven years when a two-week vacation to my husband's homeland turned into a nightmare. I was trapped in Iran

We had met eleven years before, when Moody was interning at Michigan's Carson City Osteopathic Hospital. We married four years later, and two years after that, Mahtob was born. Her name means moonlight, although she has always meant sunlight to me. And now here I was, finally meeting many of my husband's relatives for the first time.

Moody was engulfed by a mob of more than one hundred robed and veiled relatives who clawed at his business suit and wailed in ecstasy. We were to stay with his sister, Ameh Bozorg, and her husband, Baba Hajji. When we finally arrived at the huge cement-block house, she showed us to our room in a separate wing, off a large hall where everyone seemed to congregate. There was no furniture to speak of, just many Persian carpets and a small TV set.

In the bathroom were the largest cockroaches I'd ever seen. In place of toilet paper was a water hose hanging on the wall. *(continued on page 24)*

From NOT WITHOUT MY DAUGHTER, by Betty Mahmoody with William Hoffer. Copyright © 1987 by Betty Mahmoody with William Hoffer.
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Borateem bleach, will get your laundry sparkling white. But that's just the beginning.

Because, unlike some ordinary bleaches, Borateem actually adds brightness and luster to all the colors you wash. And, unlike some ordinary bleaches, Borateem is so gentle, it's safe for even your most delicate items.

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All that from a simple, striped white box that sits on the supermarket shelf, right next to the ordinary bleaches.

The only bleach with borax.

A WOMAN TODAY

continued from page 20

The next morning, Moody insisted that we telephone my parents in Michigan, and this posed a problem. I hadn't told them where we were going. Dad had been diagnosed as having colon cancer, and I thought they had enough to worry about.

"I told them we were going to London," I said to Moody.

"They knew we were coming here," he claimed. "The last time we saw them, I told them."

So we called. When I told Mom that I was calling from Tehran, she said "Oh, my God! I was afraid of that."

After the phone call I turned on Moody. "They *didn't* know where we were going. You lied to me!"

"Well, I told them." He shrugged.

As the days passed, Ameh Bozorg became cold and hostile. She complained to Moody about our wasteful American habit of showering every day. She had not bathed since she had gone to *hamoom*, the public bath, in preparation for our arrival, and she obviously did not intend to do so in the foreseeable future.

"I am a doctor, and you should listen to me," he told his sister, prodded by my complaints. "You are not clean. You need to shower. I am unhappy to see you living like this."

Ameh Bozorg ignored him but shot a hateful glance in my direction.

As the days passed, Moody became less and less considerate of Mahtob and me. At first he had translated even every idle comment for us. Now he no longer bothered.

Mahtob and I spent most of our time in the bedroom, where we could at least sit on the bed rather than the floor. Occasionally, she played a bit with the children of visiting relatives, picking up a few words of Farsi, but she always stayed close to me.

I did enjoy the company of Reza and Essey, two of Moody's relatives. Reza had visited with us in the States, and Essey, his wife, seemed to like practicing her modest English with me.

But rarely was I allowed to forget that as an American, I was an enemy.

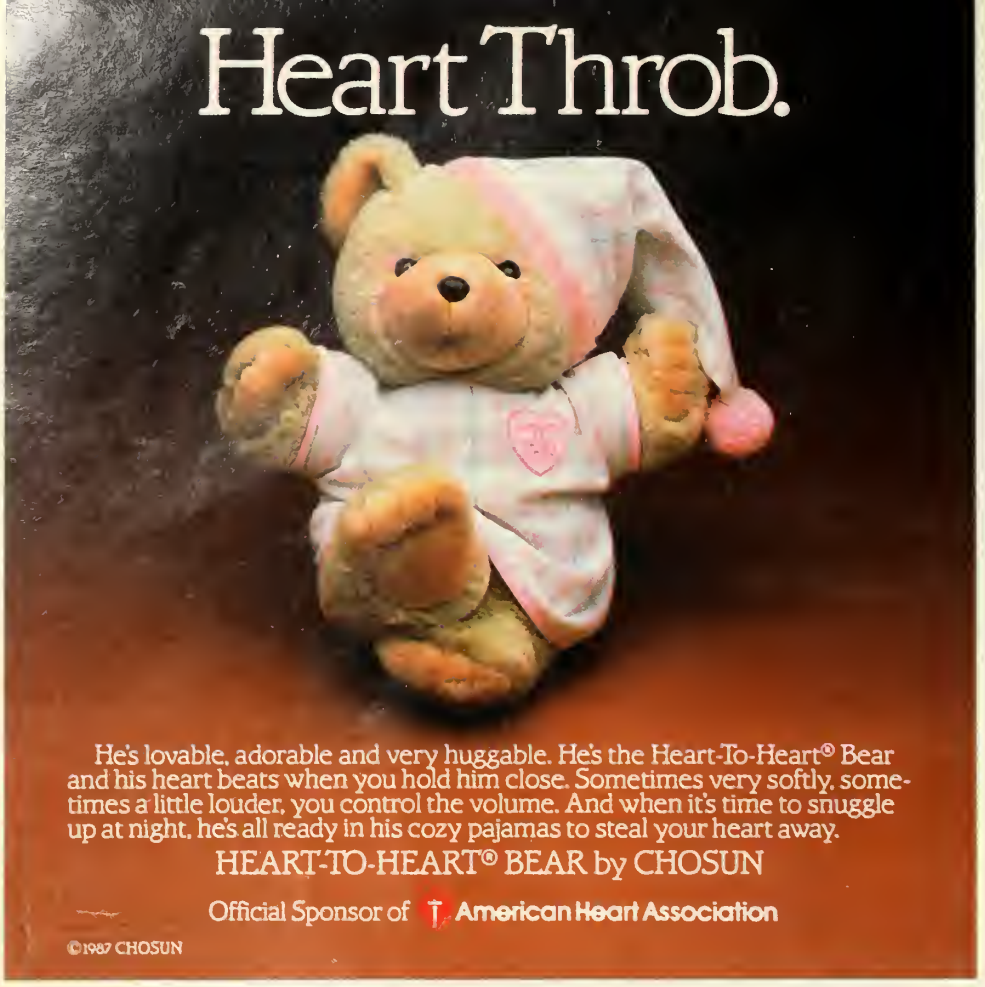
Finally, the last full day of our visit arrived. We went to a nearby park.

"Something happened before we left home," Moody said as we walked along the pathway. "You do not know about it. I got fired. The clinic wanted to hire someone else for a lot less money."

"It doesn't matter," I said. "You'll get another job. I'll go back to work."

Later that afternoon, Mahtob and I began an exciting venture: packing! The one thing we wanted more than anything was to go home. *(continued)*


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A WOMAN TODAY
continued

Glancing around, I noticed Moody sitting on the bed. "C'mon," I said, "let's get your things together."

Moody was silent for a moment. Then he spoke calmly and firmly, a growing sense of power in his voice. "I really do not know how to tell you this. We are not going home."

My heart nearly stopped. "You have to let me go home!" I cried.

With Mahtob watching, Moody growled at me, "I do not have to let you go home. You have to do whatever I say, and you are staying here." He pushed my shoulders, slamming me onto the bed. His shouting took on a tone of mocking insolence. "You are both here for the rest of your lives. Do you understand? You are not leaving Iran. You are here until you die." I began to cry. Mahtob and I were in shock.

By chance, one evening in our second week of captivity, I was standing next to the only phone when it rang. Instinctively I picked it up and was startled to hear my mother. She said she had tried to get through many times, then blurted out the phone number and address of the U.S. Interest Section of the Swiss Embassy in Tehran. [Since the hostage crisis, there has been no U.S. embassy in Iran.] My heart racing, I memorized the numbers. Within seconds Moody grabbed the phone and cut the conversation short.

The next afternoon, Moody went out, and the rest of the family sank into their daily siestalike stupor. My heart pounded as I sneaked to the kitchen and dialed the embassy.

"Hello!" I said in a whisper.

"You have to talk louder," demanded a woman's voice.

"I can't. Help me. I'm a hostage!"

"You have to talk louder. I cannot hear you." Then she hung up on me.

When Moody returned home he burst into the bedroom and shook me violently by the shoulders. "Who were you talking to?" he demanded.

"No one," I said weakly. "I was calling Essey, but I never reached her."

Moody dug his fingers deep into my shoulders. Mahtob screamed.

"You are lying to me!" Moody yelled. "You will never touch the phone again!"

A furtive attempt

Moody wanted us to join his family on a pilgrimage to a holy tomb. Twenty of us crowded into two cars. The suffocating heat was made even more unbearable by the voluminous *chador* I was now forced to wear. When we arrived, Mahtob and I started to follow all the other women to their entrance.

"Mahtob can come with me," Moody sa reaching for her hand.

"No," she screamed. "No-no-o-o!"

Angered by her defiance, Moo jerked her away from me roughly a kicked her sharply in the back. Wh he backhanded her sharply across t face, blood spurted from a cut on h upper lip, spattering into the dust. Moody's family simply stared at t ground or off into space.

I tried to stop the bleeding with t edge of my *chador*. Behind my tear realized that something was horrib askew in Moody's personality, and knew I *had* to get us out of this nigh mare before he killed us both.

A few days later, during the la afternoon hours, I decided to make run for freedom. I found my sma stash of Iranian money. Then grabbed Mahtob, quietly left the hou and somehow located a taxi.

"Where are we going, Mommy Mahtob asked.

"We are going to the embassy," said, able to breathe more easily no that we were on our way. "We'll safe there. We'll be able to go home.

Mahtob shrieked delightedly. V were going home to America.

I paid the taxi driver and rush inside onto Swiss—not Iranian—soil

A woman named Helen Balassania listened quietly to my story.

"Give us refuge here," I pleade "Then find some way to get us home

"What are you talking about?" He en responded. "You cannot stay here

"We can't go back," I said, as tea rolled down my cheeks. "He'll lock up. I'm really afraid."

"You are an Iranian citizen," Hele said softly. Then, not unkindly, b firmly, she explained that the mome I married an Iranian I became a ci zen under Iranian law. Legally, s was powerless to help.

I spent the next hour at the emba sy, in shock. We accomplished what could. I called my family in Americ "I'm trying to find a way to co home," I cried to my mother. "S what you can do from there."

"I've already contacted the State D partment," Mom said, her voice crac ing. "We're doing what we can."

After the call, Helen delivered t dreaded ultimatum. "You have to back now," she said quietly. "We w do all we can. Be patient."

Even though my head was poun ing with fear, I spoke carefully to Ma tob. "We can't tell Daddy, or anyo else, where we were. I'm going to te him we went for a walk and got lost. he asks, don't say anything." Maht nodded. She was being forced to gr up fast. *(continued on page 14*



To your health.

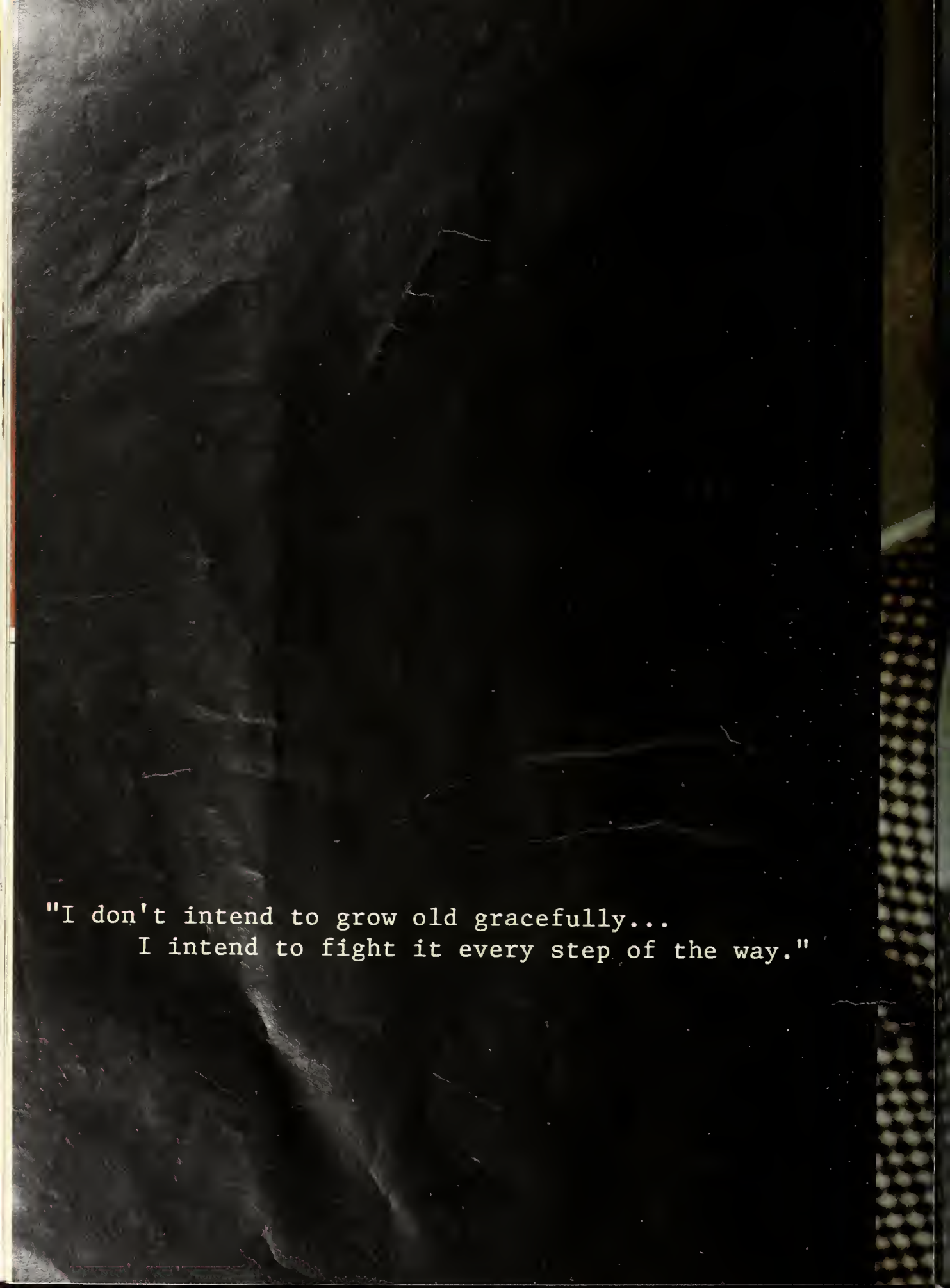
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OIL
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the power of a perm

Weave a wave for a flattering new do





Tohru Nakamura

A natural-looking weave perm was the ideal solution for framing Stephanie's full face with soft, feminine waves

Stephanie, an associate art director, was growing out a layered cut. The problem? Her super-straight, do-nothing locks lacked the put-together polish she needed for the office. So we sent her to Laurance LaCause of Les Copains Salon in New York City, who knew just what to do.

A weave perm was his prescription. This type of perm is created by separating hair into sections and rolling it with rods of different sizes—in Stephanie's case, jumbo and large. Hair is conditioned as it's permed, resulting in a healthy, natural-looking headful of ripply waves. If your hair is shoulder length or longer, a weave perm will give you cascading curls.

This style is best for Stephanie's on-the-go schedule—needs no fussing in the morning and can be adapted in a snap from casual waves to wow curls with a bit of sculpting lotion: Apply to damp hair and blow-dry with a diffuser on a low setting, scrunching sections of hair with fingers to create curl and volume. Sides can easily be smoothed back to blend sleekly at nape; bangs work like makeup to highlight eyes.

To care for perms, try Hair Specifics Corrective Conditioner by Helene Curtis, Pantene's Creme Conditioner for Permed Hair or Alberto VO5 Nutrient Conditioner, which help keep hair supple. If you want to perm on your own, look for the new Toni Home Perm Collection—personalized products like The Toni Spot Perm (for bangs, ends and crown) and formulas for hard-to-wave and color-treated hair. Questions? Call Toni's hotline: 800-872-7202.

Hair by Glemby. Makeup by Robin Gaines.

IN-BED body stretches

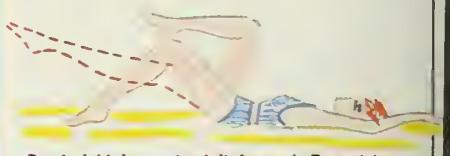
Developed by Barbara Pearlman, New York exercise director, Elizabeth Arden

Lie on back, knees bent. Raise knees, lock fingers around them, pull to chest. Rock twenty times. Great for abdomen.





Lie on back with knees bent, arms by head. Bring right knee to chest, extend leg up.



Bend right leg; extend it forward. Repeat ten times. Switch legs. Good for legs, buttocks.

Sit as shown. Round back and lower head to bed, bringing elbows together. Hold three seconds. Lift slowly, opening elbows. Repeat ten times. Tops for lower back, arms.



best makeup investments

Smart tips from makeup artist Rex on what makeup to splurge on and what qualities make beauty products superior: ■ Go for first-rate skin cleansers and moisturizers: If your skin doesn't look fresh to start with, even the most expensive makeup won't create a great-looking face. ■ Foundation is key to an even complexion: Make sure yours is thin enough to go on smooth and sheer. Tip: The more expensive brands carry a wider range of skin tones. Sample several kinds before you buy; always test on face, never on hand. ■ The best eye pencils are creamy, define even when blended. To test: Draw a line on inside of wrist and smudge with pinky. If line softens but definition remains, pencil earns high marks. ■ Mascara needn't be the most expensive brand, as long as it isn't gluey and its brush has short, fat bristles shaped like a Christmas tree. ■ Don't skimp on blush; look for easily blended matte colors. To test: Stroke blush on cheek. See if you can smooth it quickly for an air-brushed look.

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Oil of Olay. Amazing.
And still ahead of its time.

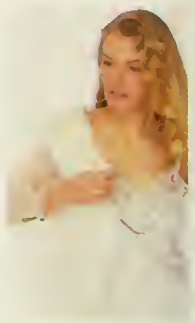




how to wear White

SHEER Necessities

Sensuous, filmy clothing in chiffon, linen and lightweight silk and cotton is right-now fashion for day, especially in lush, pale colors like powdery peach, melon and blush. How to carry off a romantic look without getting carried away? Just follow these winning tips from pro fashion stylist Tonney Goodman: Under blouses and dresses, slide on a lacy bodysuit or teddy and sheerest hose, or a full slip with extra-thin spaghetti straps and a low-cut, lacy bodice (delicate details add a feminine flourish). At the office, don't be over-boring; always wear a jacket or outsize cotton sweater over sheers—let the collar and sleeves peek through. Avoid bulky shoulder pads. Do remember to wear a half-slip under see-through skirts—check in the sunlight before going out.



Top tips for making white look like fashion, not a uniform



Tony Kent

Adding pastels to white gives a sure shot of style. Above, white pantsuit is teamed with a mint-green tee, lemon chiffon scarf, hoops and strappy sandals

White is *the* hot color for summer; so show off your fashion confidence and wear it right! Here, an all-you-need-to-know checklist from Emily Cho, fashion adviser and image consultant:

Go soft Look for light, airy fabrics, such as silk, gauze, linen and sheer cotton; the less tailored, the better. For extra punch, try mixing several textures together. Avoid stiff materials, such as denim and heavy cotton—they're the stuff uniforms are made of.

Accessorize The key to making white up-to-the-minute? Cinch waist with an eye-catching belt and take extras one step bolder. Be creative and choose an outfit theme: For a western look, add an embossed natural leather belt, silver and turquoise earrings or bracelets; a dramatic look features a wide black patent belt, strong gold or silver jewelry (see photo top left); for a sportier style, wear a woven belt and espadrilles plus a floppy straw hat.

Add color Take the edge off an all-white outfit with a shot (or two!) of color. Carry a pastel cotton cable sweater or wrap it around your shoulders. Slip a pale ice-cream-color tee under a pantsuit (photo at left). Look for an easy white jacket that's lined with a pretty print or stripe—roll up the sleeves and show it off! Best bet if you love wearing all white: Play with subtle tones and combine pure white with eggshell, off-white, cream, oyster, burlap.

Style tips Score extra fashion points with these bright ideas: Go for an unconstructed look—a loose-fitting, shoulder-padded jacket or trendy cropped topper; slouchy, pleated trousers; pleated skirt, long or short. Wear a below-calf, flowing skirt with flat sandals; pair a miniskirt with an oversize jacket for extra impact. Change boring buttons on white shirts and jackets to standout tortoiseshell, gold or patent—an instant snapper-upper!

Hairstylist, Max Pinnell for Bumble & Bumble, New York City. Makeup artist, Linda Cantello; model, Melanie Kremser of Click. Fashion details, page 144.

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THE MANY FACES OF Cher

She can be independent and strong-willed or surprisingly insecure. There are as many sides to the flamboyant superstar as there are hairstyles

By Jeanne Wolf

Cher never just slips onto the scene. She makes an entrance, well aware that the paparazzi are furiously clicking away. And on this chilly Washington, D.C., evening, as a crowd gathers for her arrival on the set of her upcoming movie *Suspect*, a buzz of expectation has preceded her. What outrageous new outfit will she wear? What wig will her zany imagination have transformed into another multicolored conversation piece?

But wait. It's a different Cher who soon arrives. Her hair is dark and sensibly curled. No spikes. No Day-Glo colors. Not even a white racing stripe down the middle, as was her fashion for a while. Then there are her clothes. Casual, no-nonsense, simple; her red sweater, black pants and flat-heeled boots do such a *(continued)*



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people. But she says she has no intention of changing. "I know that I won't stay put, but that's me, and I just have to be that way," she says. "Sometimes it really annoys people, and yet people like me more for being who I am."

The key to Cher's personality may lie in her unstable past. Her mother, Georgia Holt, was married eight times—three times to Cher's father, a drifter and drug addict named John Sarkisian. He left Cher's mother for the first time only a year after Cher was born, and he didn't return until Cher was eleven. "He wasn't a nice person," she says, "and he didn't have the virtues you would want a father to have. For a while, he would drift in and out of my life. When he died a couple of years ago, I thought, I'm sorry, I guess . . . But it's difficult to miss someone you didn't know."

Sonny days

From her mother's brief and destructive relationships, Cher developed a wariness toward men. Yet by the time she began dating as a teenager, she often ended up with strong, controlling men. She was only sixteen when she met singer Sonny Bono—and fell in love instantly. "When I saw him, all of a sudden everything went strange, like star filter," she recalls. "I don't know why. I didn't even like him that much. I just thought, That is the weirdest-looking man I've ever seen. I mean, he was ugly. But there was this attraction. There was always something strange about our relationship that defies categorizing, even for me."

Sonny and Cher soon married and made a string of pop albums and starred in a hit variety series. Cher loved the fame but felt stifled by their relationship. "Sonny was the boss of the marriage," she remembers, "like Benito Mussolini ruled Italy."

CHER
continued

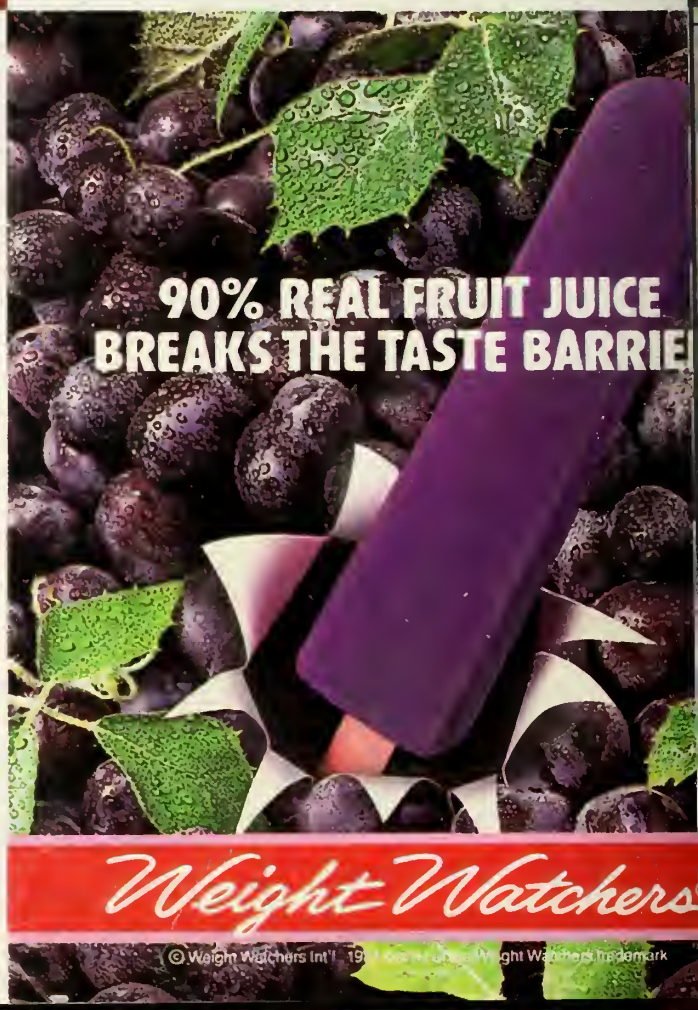
creditable job of hiding her knockout figure, you don't even catch a peek of her famous navel. It's hard to believe this is the same woman who was the talk of the Academy Awards two years ago in a skimpy Bob Mackie gown that left reporters grasping for words and gasping for breath.

Not many stars could get away with having an ever-changing image like Cher's and still remain one of the most admired women in Hollywood. But then again, she has always played by her own set of rules. Calculating, confounding and deliciously unpredictable, she is a woman of intriguing contradictions. Friends say she is easygoing and fun-loving but can just as easily be moody, insecure, cold and distant. There is only one thing Cher is not. She is never, *ever* boring.

"I have the most opposite personalities that could possibly live in one body," the forty-one-year-old actress admits. "I'm obsessed with how I look, for instance. Then, sometimes, I couldn't care less. I don't wear makeup. I walk around the house like a bum. Also, I'm concerned with my work, yet I hung out for two years and didn't work."

Nowhere are the many sides of Cher more evident than on the set of *Suspect*, a drama due out this fall on the heels of *The Witches of Eastwick*. Despite her reputation for being wild and carefree, she is the most serious person in the cast. No one dares kid around with her. They still remember how, a few days earlier, co-star John Mahoney cracked everyone up in the middle of shooting with his Dracula imitation. Everyone, that is, except Cher. To his surprise, she said brusquely, "Please don't—not while we're working. I need to stay in character."

Cher knows her shifting moods have a way of angering





Despite a number of separations, Cher remained married to Sonny for eleven years before they were finally divorced in 1975. Though those years weren't always happy, she left the marriage with a career and a daughter, Chastity, who is now eighteen.

Cher's next marriage, to guitarist Gregg Allman, was, by her own admission, an even greater disaster. Allman was moody and withdrawn. He was also addicted to heroin. "I think I married Gregory because I was so tired of having someone tell me what to do that I chose someone who couldn't even tell himself what to do and couldn't try to be dominant over me," she says. Though Cher soon divorced Allman, she realizes they were meant to be together for one reason: their son, Elijah, now eleven.

Cher cherishes both her children and gives them a tremendous amount of love and attention. "My son came to me the other day after he had done something that had made me really angry, and he said, 'Mom, you hate me, don't you.' I said, 'No, I never hate you. Sometimes you are a real pain in my you-know-what . . . but I always love you and I always think you are fabulous.' I think that if you instill in young people this feeling of possibility for them, they'll learn that they can do anything if they put their mind to it."

Cher admits that Chastity and Elijah are completely different from each other. Fittingly, each embodies part of their mother's conflicting spirit—Elijah is wild and difficult, while Chastity is reserved and thoughtful. "My son drives me crazy, and we fight constantly," Cher says. "I get along much easier with my daughter. Chastity has always been very down-to-earth and really smart, and I never have to tell her not to do anything. A couple of years ago, she was the most conservative person I ever ran into. I guess that was her way of rebelling."

Only a child of Cher's would have no choice but to rebel against her mother by *conforming*. In fact, the actress admits that in some ways, Chastity is better behaved than she is. "I think my children think of me as not too far away from them in age," she says. "And I see my mother and my grandmother as very childlike, too. I told my mother once that she was childlike, and she said, 'No, not childlike—childish.' "

Forever young

For now, at least, Cher has no intention of growing up. Linda Evans and Jane Fonda may have discussed their delight in turning forty, but not Cher. She *hated* reaching the milestone last year and proudly announced her feelings to the world. ("Jane Fonda must be turning over in her leotards," Cher admitted with a laugh.) After all, Cher thinks it's much more fun being a kid at heart. "I know I'm very immature a lot of the time," she says. "It's funny, but when I was young, I felt much older. When I was six, I felt as old as I do now. I always thought there was going to be some big door that you walked through at a certain time; then you'd be grown up and older. Well, I still don't know where it is, if it's there at all."

Which might explain why she has sometimes dated men who are a fraction of her age. She went out with twenty-four-year-old Tom Cruise for a while and most recently with model Rob Cameletti, who is all of twenty-three. Even Josh Donen, a studio executive she dated for several years, is ten years younger than she is. Cher admits that despite all her practice, the opposite sex is still one topic she hasn't quite mastered. "You could fit everything I've learned about men on the head of a pin, and still have room left for the Lord's Prayer," she says. "I'm terrible at dating, so when *(continued on page 138)*

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Arnie Levin

SEXUAL CHEMISTRY

Nothing's as exciting as that sexual "click" with the right man. But what really causes it? And how can we keep it fresh?

By Jeanie Wilson

Sara, twenty-seven, had been happily married for six years, with no thought of straying. None, that is, until the day an electrician came to install her new microwave. "When I opened the door, there stood a dead ringer for Crocodile Dundee," recalls Sara. "He had that rugged handsomeness, that funny, friendly air. Almost *too* friendly, in fact. And he obviously found *me* attractive, too."

Because the last thing Sara wanted was to inadvertently encourage the man, she was careful to avoid looking him in the eye, and she made a point of mentioning her husband several times. "Later, though," she says, "I found myself reliving the scene in my thoughts, and some of my fantasies got pretty explicit. Does this mean something is missing from my marriage?"

Not really, say experts. What Sara had come face to face with was sexual chemistry in its most basic form. It has nothing to do with love or even falling in love; it's just that age-old "click" of mutual attraction that can come seemingly from nowhere, springing up between a man and a woman who have never before laid eyes on each other. One of the paradoxes of sexual chemistry is that we can—and often do—feel even *more* attracted to those we *don't* know and love than to those we do. "On a clean slate you can draw an unlimited number of fantasies," explains a Chicago psychologist. "You can afford to be less inhibited in them, too, because you're not as concerned with how a stranger will react to your behavior as you are with someone who's important to you."

Thinking of another *(continued)*

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SWANSON

SEXUAL CHEMISTRY
continued

man in a sexual way is no reason to feel guilty, though, or to imagine some deficiency in your marriage. We can't help being attracted to certain people, just as some pictures in an art gallery appeal to us and others don't. But remember: You don't have to *act* on these impulses.

Unfortunately, it's not always as easy as it was in Sara's case to tell the difference between simple chemistry and actual love. Women are particularly prone to confusing the two, because they often use love to justify sexual attraction, says Carol Cassell, Ph.D., author of *Swept Away* (Simon & Schuster, 1984). "As soon as a woman feels a physical tug for a man," she writes, "she transforms it into a romantic drama." But as experts in human behavior know, chemistry can exist without love, or even like. You can be physically attracted to someone you don't care for, just as you can like or love someone in a nonsexual way.

What makes us click?

"If I could always put my finger on whether there would be chemistry between a particular couple, I'd be a millionaire by now," says professional matchmaker Beatrice Gruss, owner of Traditional Matchmakers, in Atlanta. "Everything may *seem* perfect. A man may have the looks, the job and everything else a woman could ask for, but if that elusive quality known as chemistry isn't there, nothing doing."

Scientists think there are a number of reasons we're captivated by some people but not by others. The chemical mix mystifies because it's a complex meshing of physiological, cultural and psychological characteristics. Here's how they break down.

Looks One obvious element of attraction is attractiveness itself. Appearance is more important to men than to women, and it plays its main role in the initial stages of getting to know someone. It's also used as a screening device to narrow the field of potential partners. If a person looks good enough, then less-superficial qualities, such as personality and cultural values, are considered.

Familiar qualities Obviously, chemistry is more than a matter of sheer physical beauty, or few of us would ever qualify for the experience. Nearly every woman can think of someone she knows to be handsome, yet he does nothing for her in the sexual chemistry department, while the man who *does* attract her could be balding or short or have a funny nose. And the same can be said of men, who wind up married not to a Jaclyn Smith but to someone who may look much more like, well, *Mom*.

Psychologists believe we choose a partner because some subtle aspect of the other person reminds us of someone pleasingly familiar from our past. "It could be anything," explains Lou Ormont, Ph.D., clinical professor of psychology and psychotherapy at the Derner Advanced Institute for Psychotherapy at Adelphi University, in Garden City, New York. "It might be a glance, a pose, the shape of a cheekbone, an air of aloofness—something that causes a flash memory of someone familiar, echoes of an intimate relationship in the past."

According to strict Freudian doctrine, that someone familiar is your opposite-sex parent, whom you subconsciously want to replace. But it could be anyone you've known and liked, says Ormont: a childhood friend, a teacher, an older brother—even a fantasy figure such as Crocodile Dundee.

Psychological cues "We're attracted to people who offer qualities that dovetail with our deepest emotional needs," says Manhattan psychoanalyst Richard Robertiello, M.D. A passive person, for instance, might be lured by the hint of a dominant quality in someone else. "And because we communicate

apidly about ourselves in nonverbal ways, bells *can* ring across crowded ooms," Robertiello says. "That usually means there's something about the ther person that promises to satisfy ur psychological desires, even though ve may not be consciously aware of vhat those things are."

Odor Evidence is mounting that a person's odor is another reason we're drawn to—or repelled by—him. In one recent study, psychologist Susan Shiffman, Ph.D., of Duke University, in Durham, North Carolina, treated five women who disliked their husbands' odors (although they liked their mates as people) and had also been infertile for at least eight years of marriage. After the women were trained to relax in the presence of the displeasing odors, three were able to conceive.

Odor influences attraction—and may be related to genetics, says Shiffman. At the Monell Chemical Senses Center in Philadelphia, investigators found that hamsters of exactly the same genetic type refused to mate, as did animals of species that were *too* different. Humans, too, might subconsciously use odor to select a mate who's genetically similar, but not too similar.

Chemistry and the brain

The term "sexual chemistry" is more than just a handy metaphor. Whenever attraction occurs, the brain chemistry itself actually changes. Scientists haven't pinpointed every substance involved, but it's certain that estrogen and testosterone come into play. Without these hormones, there would be no sex drive, no reproductive behavior and therefore no sexual chemistry.

The complex emotional feelings we experience when we're attracted to someone, however, probably have more to do with neurotransmitters—chemicals that deliver messages across the gaps between one brain cell and another. Psychopharmacologist Michael R. Liebowitz, M.D., associate professor of clinical psychiatry at Columbia University, in New York City, believes that when we're first attracted to someone, the brain releases dopamine and norepinephrine, two of thirty known neurotransmitters. These chemicals in turn cause the familiar symptoms of desire: rapid pulse and breathing, shakiness, feelings of happiness and excitement, a compulsion to talk, and, as Julius Fast, co-author with Meredith Bernstein of *Sexual Chemistry* (Pocket Books, 1984) put it, "a type of comfortable aggression that allows us to make advances we would ordinarily be too shy to consider."

These are exactly the same symptoms, observes Liebowitz, as those triggered by taking amphetamines, which also bathe the brain in dopamine and norepinephrine. Sexual chemistry, in other words, resembles an amphetamine high.

"And there are probably other neurotransmitters involved as well," adds Liebowitz. He cites serotonin, "a chemical that provides the feeling that you're psychologically merging with the other person, actually getting outside of time and space. That may explain why sex with someone you're powerfully attracted to can be an almost mystical experience."

Anxiety further fuels the chemical fire, possibly because fear produces the same physical symptoms. Danger, in fact, enhances romance. Many couples have been brought to almost unbearable heights of desire by parental or societal opposition (the Romeo and Juliet syndrome), and extramarital affairs are notorious for their intensity. "Danger also makes people fall for each other more easily—as can be seen during wartime," adds Liebowitz. "In all these situations, the whole body is keyed up to a much more sensitive level. All the brain hormones and neurotransmitters are being cranked out at a faster pace."

Anxiety is also one of the reasons we sometimes feel the strongest chemistry for the very people who are worst for us, says Robertiello—the ones who always leave us guessing *(continued)*



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SEXUAL CHEMISTRY
continued

whether they love us. Being kept dangling on an emotional string may keep the brain chemicals flowing and passion running high, says Robertiello, "but in the long run it's bad because you're constantly on edge."

Sexual chemistry in marriage

In contrast, the cozy, established relationship with a husband or long-term lover lacks that thrilling uncertainty. And this waning of danger, excitement, drama—in other words, chemistry—can make wives worry. After eight years of marriage and two children, "the thrill may not be gone, but it has definitely diminished," says Melinda, a pretty, thirty-four-year-old redhead. "Todd seems more interested in working on his car than he is in me, and I have to admit that my heart doesn't jump the way it used to every time he walks through the door. I hate to see us turn into a parody of old married people, but I don't know what to do about it."

When those early physical manifestations of attraction start to decline, it's easy to worry that the chemistry between you and your mate is dead or dying. Yet nothing could be further from the truth, say the experts. Sexual chemistry usually doesn't die; it only changes, from a heady mix to a steadier pleasure.

"It's true that the brain craves novel experiences," says Liebowitz. "But some experiences are available only in a long-term relationship. Moments of deep intimacy, for instance, are very powerful emotional events you just can't get in the beginning." What's more, other neurotransmitters—most likely the pleasure-providing endorphins—probably come into play only in the later stages of a relationship.

Of course, if a couple have severe marital problems, even strong initial chemistry can be destroyed. "Often what looks like a sexual problem is really a relationship problem that gets played out in bed," says one family counselor. If too much anger and resentment have soured the marriage, these problems must be worked out before any original chemistry can resurface. Professional counseling, possibly including sex therapy, may be needed.

But for most of us, who suffer only from occasional sexual doldrums, many things can be done to revive chemistry before getting to the point of seeing a counselor. Here are a few dos and don'ts that can help.

- Do try all the old bromides, like changing the scene (taking a vacation) or the props (buying a new nightie) or adding an element of surprise (calling him at work and making a date to meet at a hotel later). These tactics have a scientific basis, says Liebowitz: "The brain is very much geared to change, and constant levels of anything begin to feel like a lack of stimulation. Newness and novelty are good for the brain, which is why all these tricks really do rejuvenate a couple's sex life." So do short separations, he adds, whether physical or mental, such as having a fight. But don't pick fights purely for the passion that could follow. "Too much of that can damage a relationship," warns the doctor.
- Don't live in the past, yearning to go back to "the way we were," but do reminisce together. Look at photos of good times you've shared; take another trip to that romantic resort you loved; remember what activities you enjoyed together when you first met—dancing, hiking, sailing—and take them up again. Being reminded of what brought you together in the beginning can revive those early feelings.
- Do take responsibility for creating chemistry; don't simply wait for it to happen. "If you depend on something about your partner to stir up desire in you, you're going to end up dissatisfied," says Ormont. "But with a cooperative partner, you can create a lot of interest and sexual fire by doing whatever is arousing to both of you."
- Do remember that sexual chemistry fluctuates. "Often a decline in chemistry has nothing to do with actual attraction to the other person," says a counselor, "but with something temporary and unavoidable, like stress on the job or an illness—pressures that prevent high passion at that particular time. Don't assume that the way you feel one month is the way you're going to feel the next."
- Do turn fantasies about others into turn-ons for you and your mate. "When I feel sexual vibes with someone else, I bring those feelings back to my marriage," says one wife of twenty-two years. "I walk around with a charge. I tell myself my husband is one lucky man. In bed, I might even fantasize that he *is* the other man. That way we both benefit."

Practically all of us can expect to feel attracted to others from time to time, and to be realistic, the sexual chemistry in a marriage of some duration probably won't be quite as heart-stopping as it was in the beginning. But with a little creativity, sex can be much more fun once you're secure as a couple, and everything isn't such a life-and-death matter. More important, the sexual bond between you can grow stronger every year, deepened by a shared history and a true knowledge of each other. **End**

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SPECIAL REPORT

The new victims of CULTS

If you're worried that your teenage children could be lured into joining a cult, your fear may be misplaced. Today, the most vulnerable member of the family may be your aging mother—or yourself

Cults and the Aged: A New Family Issue

New Age CULTS

Seventy-four-year-old Catherine R., recently widowed, joined a religious group at a neighbor's urging, in the hope of learning how to prepare her soul for death. Over time, Catherine's daughter, Susan, noticed that her usually healthy mother was losing weight and was tired and withdrawn.

After nine months, Catherine abruptly decided to move to the group's headquarters in a neighboring state. She liquidated all her assets, removed her daughter's name from their joint bank account and withdrew thousands of dollars of her life savings. But the day before Catherine was scheduled to leave to join the group, Susan had to rush her mother, hysterical and incoherent, to the hospital. Doctors confirmed that she had suffered a severe nervous breakdown.

• Pamela McNeeley, thirty-three, an accountant in Sausalito, California, became a devotee of J.Z. Knight, a Washington State housewife who says that Ramtha, a 35,000-year-old spirit, speaks through her, offering the wisdom of the ages.

Over two years, McNeeley spent $5,000 on Ramtha tapes, videocassettes and seminars. She withdrew from friends and family and quit her job. She even *(continued)*

Donor to 'Bible Speaks' wants her millions back

By Diane Salvatore



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VICTIMS OF CULTS
continued

considered moving to Washington State, where, Ramtha said, she would be spared the natural disasters that would strike the rest of the country.

Finally, nearly bankrupt and emotionally drained by what she called the "doom and gloom" of Ramtha's message, McNeeley began to question Ramtha's tactics. "I felt," she says, "like I was going crazy."

• Pat Manchester was the mother of five children and had been married eight years when she became a member of the Bible Speaks, an evangelical Christian church headed by Pastor Carl Stevens. She eventually persuaded her husband to sell their Rhode Island home and move the family business to church headquarters, in Lenox, Massachusetts. After six years, having given some $35,000 to the church, she was disturbed when Stevens made what she describes as sexual advances. Such behavior from a man she considered so spiritual was a crushing blow to her. "I felt betrayed and totally devastated," she says.

For most people, the word "cult" conjures up sixties images of college students wearing flowing robes, chanting rhythmically and spouting Eastern philosophy. But today's realistic young people may be more concerned with career planning and money than mysticism. "As a result, cults have had to turn to new, more susceptible groups," says Herbert Rosedale, a New York lawyer who works for no fee to help those who feel a cult has victimized them.

In fact, recent developments have changed cults—some three thousand groups nationwide with between three million and eight million followers—in important ways. Cults today are expanding their membership through a new pool of recruits: the elderly, the middle-aged, and churchgoing Christians. And while in the past cults attracted equal numbers of males and females, today more women than men are being drawn in.

Preying on the old

Those ripest for cult recruitment, according to Marcia Rudin, a leading authority on cults, are people "in a period of transition that makes them vulnerable." As a result, says Reginald Alev, information officer and former executive of Cult Awareness Network (CAN), in Chicago, "it's common for the elderly to get recruited after the death of a spouse." Not only does this loss make the elderly emotionally vulnerable, it also stirs up a profound fear of their own death. That fear, critics say, is exploited by cults. "Literally millions of dollars," says Philip Abramowitz, Ph.D., director of the Task Force on Missionaries and Cults of the Jewish Community Relations Council of New York, "are given to cults by people who are told they will be taught to communicate with those they leave behind when they die."

Loneliness is also a problem for the old, one that cults take advantage of, critics say. "The elderly are neglected in our society," says Abramowitz. "They want someone to listen to their problems and be sympathetic." Cult members know this and thus do much of their recruiting in hospitals and nursing homes or, says Abramowitz, "pose as cleaning- or cooking-service workers, or offer to do shopping or gardening or provide transportation to doctors' appointments."

Experts say the elderly are being targeted today for two other important reasons: There are more of them, and they have more money. Currently, those over age sixty-five—women in particular—represent the fastest-growing segment of our population. And senior citizens have had a lifetime to accumulate assets. "Cults go where the money is," Alev says.

Lonely senior citizens with a lifetime of savings are recruited by cult members posing as nursing-home volunteers.

This was the case with Edith S., a well-to-do sixty-five-year-old Pennsylvania woman who started attending Bible study classes after the death of her husband of forty years. Over time, Edith came to believe claims by the group's magnetic leader, Pastor Lovejoy, that he was God. She sold her home and turned over the profits to the group, along with tens of thousands of dollars of her savings. She was so devoted to him, in fact, that she remained at the group's headquarters in upstate New York for fifteen years—until she was deprogrammed.

According to Rudin, groups that have aimed intense recruitment efforts directly at the elderly include the Church Universal and Triumphant (CUT); Reverend Sun Myung Moon's Unification Church, which has an Orange Blossom Corps specifically for outreach to seniors; The Divine Light Mission; The Way International, whose older members belong to its Sunset Corps; the Tony and Susan Alamo Foundation; and The Walk. Visits to some of these groups' meditation programs are offered as recreational outings by some unsuspecting senior-citizen centers.

New Age and the middle-aged

The middle-aged, especially middle-aged women, are primarily responsible for the popularity of the New Age movement—components of which, some say, represent a new kind of cult. Made chic in large part because of Shirley MacLaine's best-seller and mini-series *Out on a Limb*, New Age blends Eastern and Western thought and encompasses self-help groups, healing crystals, reincarnation and channeling (communicating with spirits through a medium).

CAN says the New Age phenomenon, particularly channeling, shares characteristics with destructive cults. "New Age has become a belief system," says Alev. "Many followers are addicted to a hypnotic subculture." Channelers such as Knight "are often charismatic types who inspire absolute devotion and claim they are the sole source of revelations from God."

According to Craig Hawkins, a research consultant with Christian Research Institute (CRI), a California-based nonprofit group that monitors cults, "New Age is going to grow and grow. It's the wave of the future." Part of the reason for this growth may again be demographics. New Age has attracted the majority of its adherents from aging baby boomers—a group second only to the elderly in population growth. Some New Agers, says Alev, are children of the sixties who still haven't found the answers they've been looking for. Others, adds Rudin, "are now realizing that although they have become prosperous, material happiness is not enough."

The appeal to middle-aged women may be the strongest of all. In fact, 65 percent of Ramtha adherents are women in their late thirties and early forties. "A lot of women made it to adulthood and became wives, but the issue of having a social and personal identity was put on the back burner," says Susan Rothbaum, a Berkeley, California, social worker who directs Sorting It Out, a group for former members of alternative religions. Channeling, she says, may provide these women with "divine permission" to finally do something just for themselves.

It's not only *(continued on page 146)*

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PET NEWS

By Nina Keilin

Why does a dog wag its tail?



When you come home at the end of a doy and yaur dog greets you with a wagging tail, you assume it's a sign af odorotion, right? Not necessorily, soys Desmand Marris, authar af *Dogwatching* (Crawn, 1986). Actuolly, the dog's tail wag is a sign of canflict. "The animal feels pulled in two directians—it wants to advance and retreat simultaneausly, ar to turn left and right. Because each urge concels out the other, the animal stays where it is, but in a state af tensian," says Morris. The dog releases this tension with toil wogging.

A dog's toil wag must be anolyzed in context, Marris says. For example, when strange dogs greet each ather, their tail wagging moy indicate a combination of fear and aggressian.

Of course, you needn't get too worried about olienating Fida, Marris points out. When the dog greets yau, it's mostly feeling friendly and excited. Nevertheless, the attraction is tinged with apprehensian—yaur dog is glad to see you, but it also considers yau its pack leader, so it is samewhot afraid. This anxiety is enaugh to trigger the canflict response af tail wagging. We don't like ta think of our dogs as having anything but the greatest lave far us, says Marris, but we must remember aur size in relotion to theirs. "We ore dominont over them in so mony other ways," he adds, "and they depend an us far their food, too. It's nat surprising that when they see us, their mood is mixed."

New vaccine for cats

Wamen shauld avaid handling cats—or at least changing litter—during pregnancy because af the risk of toxoplasmasis, a parasitic infectian transmitted thraugh cat feces (cats pick up the parasite when they kill rodents ar birds). Taxaplasmasis is usually harmless when transmitted ta adults, but pregnant wamen must be wary because the parasite causes severe birth defects (including mental retardatian and blindness). Same three thausand infants each year are affected, accarding to the March af Dimes. But naw scientists are develaping a vaccine that they hape will take the warry aut af cat awnership far pregnant wamen. The vaccine, which wauld be given ta cats, shauld be available in the next few years. Till then, if you're pregnant and have a cat, get anather family member ta clean the litter box.

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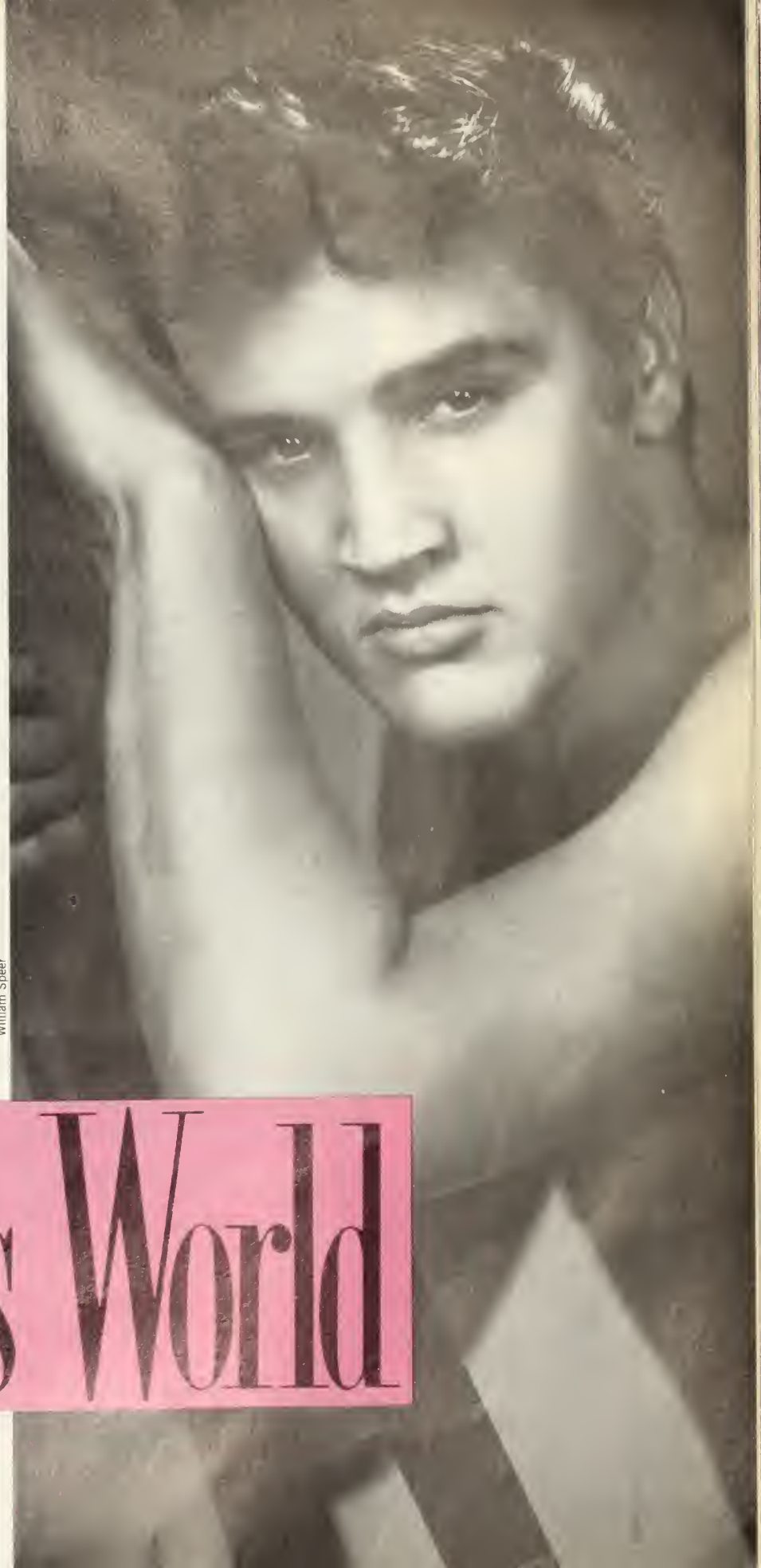
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Although you may find it hard to believe, this month marks the tenth anniversary of the death of the king of rock 'n' roll. Here, our tribute: a special section filled with brand-new pictures from Elvis's album. By Jane and Michael Stern



William Speer

Elvis World

Copyright © 1987 by Jane and Michael Stern
Excerpted from ELVIS WORLD, by Jane and Michael Stern, to be published by Alfred A. Knopf Inc., August 1987.

What made Elvis seem so special? That unmistakable voice, those sneering, pouty lips, the crowning glory of his blue-black hair, those startling gyrations. But more important, Elvis, because of the energy of his music, shook up a whole generation and made America rock.





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By Beth Weinhouse

Breast cancer & alcohol

THE FACTS BEHIND THE HEADLINES

Women across the country were recently stunned by the results of two separate studies showing a link between alcohol consumption and breast cancer. In the first study, researchers from Harvard University found that as few as three drinks a week can increase a woman's risk of developing breast cancer by about 30 percent. Nine or more drinks per week raised the risk by 60 percent. The second study, conducted by researchers at the National Cancer Institute, reported a 50 percent higher risk for women who drink any alcohol (any amount, any kind) and as much as a 100 percent greater risk for those who consume three or more drinks weekly.

Faced with this knowledge, women who have never before worried about their alcohol intake now wonder if they are jeopardizing their health by having a drink after work or toasting a friend's anniversary. To put the findings in perspective and help women decide whether to change their drinking habits, we consulted some experts.

What do the statistics really mean? When researchers find that the risk of developing breast cancer is raised by 30 percent, they do *not* mean that 30 percent is added to the current risk. Explains Lawrence Garfinkel, vice-president of epidemiology and statistics for the American Cancer Society (ACS), "If the average woman's risk of developing breast cancer is approximately one in ten—or ten percent—a thirty percent increased risk from drinking alcohol would raise her chances of getting cancer to thirteen percent, *not* forty percent. Put another way, that means that eighty-seven percent of women who drink will *not* develop breast cancer."

There's no need for panic, says an American Cancer Society official.

Do the findings refer to any kind of alcohol and any size or kind of drink? The National Cancer Institute study found that the risk was present whether the alcohol consumed was beer, wine or hard liquor. However, the Harvard scientists who conducted the other study did *not* find any relationship between wine consumption and cancer, although beer and hard liquor raised the risk. A standard "drink" for research purposes is usually equal to 14 grams of absolute alcohol. That's approximately the amount of alcohol in an ounce and a half of hard liquor (80 proof), five ounces of wine (12 percent table wine) and slightly more than twelve ounces of beer (4.5 percent beer).

How certain are researchers that their findings are correct? One reason these studies are so convincing is the large number of women involved. The Harvard study included 89,538 women, and the NCI study involved 7,188 women.

The new findings are also supported by earlier research. "We did a study about five years ago," says Garfinkel. "And we found a moderate increase—about twenty percent—in women who drank one or more drinks a day. The thing that's surprising about these new studies is that they found the risks to be higher, and they found it in women who drank less alcohol than did those in our study."

What does alcohol actually do to the body to raise the risk of breast cancer? "No one knows what the mechanisms are," says Garfinkel. "Does it affect the estrogen system? The immune system? We just don't know." Alcohol may hinder the liver's ability to rid the body of cancer-causing agents, impair the body's immune system or make breast tissue more susceptible to cancer cells.

Nobody knows yet whether eliminating alcohol will help reduce the danger of developing breast cancer. Says Walter Willett, the principal investigator of the Harvard study: "We're missing one vital piece of information, specifically, whether decreasing or stopping drinking in midlife will influence the risk of breast cancer. It's possible that whatever damage may have been done early in a person's life cannot be reversed."

So should a woman stop drinking? According to Garfinkel, there's no need for panic. "Before we tell people not to drink at all, we need lots more information," he says. "On the other hand, studies have shown that alcohol is a risk factor for cancers of the mouth, throat and esophagus. [Alcohol is also associated with high blood pressure and liver disease.] So ACS recommends limiting alcohol intake because of these risks." *(continued on page 140)*


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EASY AS 1-2-3

Here, a super quick meal. Next page, helpful hints, including a microwave recipe for M&M bars

Menu

FOR FOUR

Italian Sausage Kabobs
Green Bean and String Cheese Salad
Summer Fruit with Lemon-Honey Sauce

Menu developed by Carol Prager



Irwin Horowitz

1 ITALIAN SAUSAGE KABOBS

Delicious kabobs that need no marinating.

Preheat broiler and broiler rack. In 1½- to 2-quart microwaveproof dish combine 8 small new potatoes, each pricked twice with a fork, and 2 tablespoons water. Cover and microwave on High 5 minutes. On each of 4 skewers thread two 2-inch pieces red pepper, two 2-inch pieces yellow pepper, 2 potatoes and 1 sweet Italian sausage. In small bowl combine 2 tablespoons olive oil, ¼ teaspoon salt, ¼ teaspoon freshly ground pepper and a pinch oregano. Brush kabobs with oil mixture; place on broiler rack and broil 15 minutes, turning halfway through.

2 GREEN BEAN AND STRING CHEESE SALAD

Mozzarella string cheese, also called mozzarella sticks, shreds without a grater.

In 2-quart microwaveproof dish combine ¾ pound green beans and ½ cup water. Cover and microwave on High 5 minutes, stirring once. Rinse and drain beans. In bowl combine beans with 4 ounces string cheese, torn into strips, ⅓ cup thinly sliced red onion, ¼ cup olive oil, 2 teaspoons red wine vinegar, ½ teaspoon minced garlic, ¼ teaspoon salt and ¼ teaspoon freshly ground pepper.

3 SUMMER FRUIT WITH LEMON-HONEY SAUCE

If you can't find honey yogurt, add a tablespoon of honey to plain yogurt.

Combine ½ cup honey yogurt, ⅛ teaspoon grated lemon peel and a pinch nutmeg. Arrange 1 cantaloupe, quartered, on a serving dish. Drizzle on yogurt. Top with ½ cup raspberries.

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Pork Tetrazzini

1 lb. pork tenderloin cut into 8 pieces
4 Tbs. butter
3 Tbs flour, divided
1 C. chicken broth
1 C. milk
1 2 C. dry white wine
1 2 C. grated Parmesan cheese
3 oz. jar sliced mushrooms
Salt & white pepper to taste
8 oz. spaghetti, linguine or fettucini
2 Tbs. fresh chopped parsley

Melt 2 Tbs butter over med heat Stir in flour Stir in broth, milk, wine Cook, stirring until sauce is smooth and thickened Stir in Parmesan, mushrooms, salt and pepper, set aside

Cook pasta to al dente drain

Press tenderloin medallions 1" thick Heat 2 Tbs butter in heavy skillet, cook medallions 3-4 minutes each side

Toss noodles with 1 1 2 C sauce, place on serving platter Top noodles with browned medallions, garnish with remaining sauce and parsley

Serves 4
Calories per serving 443

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EASY AS 1-2-3



Irwin Horowitz

M&M's Crispy Creamy Bars

Line o 9-inch square baking pan with foil; brush with oil. In food processor chop ¾ cup M&M's plain chocolate condies ond ¾ cup M&M's peonut chocolate condies. In microwaveproof bowl combine candies with ¼ cup oil. Microwave on High 1 minute, until chocolate is melted. Add 4 cups oven-toasted rice cereal; toss to coat. Press half the mixture into bottom of pan; freeze 10 minutes. Spreod 1 quort softened vonillo ice creom on top; pat on remoining mixture and odditional condies. Cover and freeze overnight. Five minutes before serving, remove foil ond cut into 9 bors.

Barbecue with wood

Love the smoky taste of food grilled over wood? Weber-Stephen Products Co. is offering eight recipe booklets. To order, send a $2 check or money order to Weber-Stephen Products, FireSpice Booklets, P.O. Box 962, Palatine, IL 60078.

Hot-weather cooking secrets

FROM THE FOOD EDITORS

■ Pasta toss—Make dressing while pasta cooks. Drain pasta well and toss immediately with dressing—warm pasta absorbs more flavor than cooled.

■ Salad days—For a picnic lunch, don't overlook chicken or tuna salads because of the myth that mayonnaise will spoil foods. In fact, the acid in the mayo protects the food it dresses. (But these salads are perishable, so keep them cool.)

■ Barbecue clue—Always remove meat, fish or poultry from grill with clean utensils and place on clean serving plates. Raw meat juices on tongs and plates can contaminate cooked foods.

■ Jelly flop? Before unmolding gelatin make sure it is firm to the touch. In hot weather this takes 4 to 6 hours, or overnight for large dishes. To unmold, carefully loosen mixture from sides of mold: Dip mold in warm water for 5 seconds; shake to loosen. Wet a serving dish so that the gelatin can be moved if unmolded off center. Invert dish on top of mold. Hold both firmly together and turn right side up, shaking gently until mixture slips onto dish.

Q I know the USDA banned the use of sulfites on raw fruits and vegetables. Are they still used to preserve meat?

A Effective July 1987, all processed meat products must be labeled with sulfite content. Fresh meat and poultry cannot be treated with sulfites, because sulfites mask spoilage. If you're allergic, beware of sulfur dioxide, sodium sulfite, sodium bisulfite, potassium bisulfite, sodium metabisulfite, potassium bisulfite.



Tomato tips: easy cut-out cups, perfect peeling

■ *Beginning at the stem end, follow curve of tomato and make 3 vertical slices, cutting three quarters of the way down the tomato (see steps 1, 2 and 3 above). Cut around slices to loosen stem and center section. Remove center. Stuff tomato cups with your favorite salad or slaw.* ■ *To peel tomatoes, plunge into a pan of boiling water 10 seconds. Transfer to a bowl of ice water and peel off skin.*

ass the Old El Paso Chicken Tacos.



CHICKEN TACOS

OLD EL PASO



Over the years, she's changed from "Queen Nancy" to an antidrug crusader. But now the First Lady is playing a powerful new political role

Marlow-Liaison

Nancy Reagan GETS TOUGH

Nancy Reagan has two nicknames around the White House. Because of her love and devotion, President Reagan endearingly refers to her as "Mommy." But behind her back, some bitter staffers prefer to call her "Mommy Dearest."

"Mrs. Reagan is treated with the kind of gingerly respect due a lioness," according to Mona Charen, her former speechwriter. "One admires her beauty, anticipates her desires and never, never gets her angry."

That characterization says volumes about the First Lady's scrappy style and her transformation from an aloof aristocrat, more concerned with china patterns than China policy, into one of the most powerful women in Washington. Her key role during the administration's worst crisis, the Iran-contra affair, shows that in the heat of battle, she has both the mettle and muscle of a seasoned politician. As Nancy has often said, "A woman is like a tea bag—you never know her strength until you get her in hot water."

It took her a while, however, to *(continued)*

By Michael J. Weiss



In 1909, the Fenton Falls Men's Club had very strict rules.



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(continued) start brewing. When she entered the White House, in 1981, the First Lady was dubbed "Queen Nancy" and harshly chastised for her lavish tastes. While the nation slid into a recession, she wore $950 silk pajamas and stocked the White House cupboards with $209,000 worth of dinnerware. And when such expenditures were criticized, Nancy was stunned by the press attacks. "I was terribly naive at first . . . I was completely unprepared for the intense scrutiny," she says. "Some of the stories about me were absolutely maddening, and some hurt. What I've learned is that you may never stop being hurt by stories, but you do stop being surprised."

The criticism helped convince Queen Nancy to tone down her excesses. But more than anything, the assassination attempt on Ronald Reagan barely three months into his presidency forced the initial profound transformation in the First Lady.

In the wake of the attack, Nancy was left shattered. She lost weight and couldn't sleep. The smallest amount of stress reduced her to tears. "Suddenly she realized that the man she'd spent years with could die, and she could be left alone," her son, Ron, Jr., told the *Journal*. "She responded with shock, followed by depression."

But soon a new, savvier Nancy Reagan emerged. In summer 1982, she launched her popular "Just Say No" campaign against teenage drug abuse. She has since traveled more than one hundred thousand miles, visited forty states and hosted a conference of First Ladies from forty nations. From the start, the project was a public-relations dream. With TV cameras rolling, she attended an antidrug conference in Granville, Ohio, where she cried at the stories of dozens of teenagers, then hugged them and held their hands. And as if to finally bury her image of Queen Nancy, she ate a lunch of chicken and potato salad from a Styrofoam plate (so much for good china). The First Lady's popularity rebounded, and the press became considerably more supportive.

Just as the assassination attempt on her husband had earlier made Nancy timid and distraught, another medical crisis soon spurred her to develop greater strength. When routine *(continued)*

First Lady or SECOND FIDDLE

Nancy Reagan—and a group of the country's top opinion makers—debate the question: What role should the president's wife play? How much power should she have?

Nancy Reagan, First Lady

The First Lady is, first of all, a wife. That's the reason she's there. A president has advisers to counsel him on foreign affairs, on defense, on the economy and on politics. But none of those experts is there to look after him as an individual with human needs, as a flesh-and-blood person who must deal with the pressures of holding the most powerful position on earth.

I see the First Lady as another means for keeping a president from becoming isolated. I talk to people; they tell me things. And sure, I tell my husband. If there's a problem, I'm not above calling a staff person and asking about it.

My husband and I have a genuine, sharing marriage. I go to his aid. He comes to mine. I have opinions. He has opinions. We don't always agree. And although I don't get involved in policy, it's silly to suggest my opinion should not carry some weight with a man I've been married to for thirty-five years. Don't kid yourselves—it's always been that way, ever since we've had presidential wives.

Dan Rather, *CBS Evening News*

The First Lady should be, first of all, herself. But she should also be the keeper of her family's flame, of her family's sense of worth, uniqueness and values. Third, she should be the chief supporter, encourager and comforter of her husband—his constant, dependable navigational star for knowing who and what he is, as a person and as a president. She should think in terms of power as little as is humanly possible, and when she does think of it, she should remember that her principal power, like that of her husband, is the power to persuade.

Helen Thomas, veteran reporter for U.P.I., who has covered the White House since the Kennedy era

Any woman who comes into the White House can wave a magic wand. Being First Lady is the greatest opportunity of a lifetime for these women. Each understands that this is a chance to use her talents to the fullest extent. What other opportunity *(continued)*



Left to right: Jim Pozarik, Gamma/Liaison; Louise Gubb, Liaison; Tom Amos; Joe Traver, Gamma/Liaison; Patricia McCormick, UPI/Bettmann



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NANCY REAGAN
continued

surgery in 1985 revealed cancer in the President's colon requiring a major operation, Nancy barely lost her composure. Within days of learning that the malignancy hadn't spread, she was back on her planned schedule—and had assumed control of the President's calendar as well. She approved all contacts with her husband in the hospital and, in the following months, made her presence felt in the daily workings of the White House.

"The key word when discussing Nancy Reagan's relationship with the President is *protective*," says family friend Paul Laxalt, the former Nevada senator who is now running for the 1988 Republican presidential nomination. "He tends to be incapable of saying no. But she can spot a phony a hundred miles away. She has remarkably accurate street smarts."

It is a skill Nancy has used to her advantage. Ronald Reagan has been reluctant to fire people because his father was once laid off from a job on Christmas Eve, but Nancy has never been so squeamish. "If I think somebody isn't playing straight with him, then I get involved," she has said.

Her "involvement" means almost certain political demise to any staff member who falls into her disfavor. So far, at least eight administration officials have offended Nancy's sense of decorum and either resigned or were dismissed. "God forbid you should ever incur her wrath," warns one former aide. "It's a fast ticket to oblivion." Even Ron, Jr., admits his mother distrusts some staff members: "Unlike my father, who's the eternal optimist, my mother sees the shadowy figures lurking around every corner."

Nancy has also assumed veto power over official events she believes would harm his image. She once rejected a visit by Japanese sumo wrestlers to the Rose Garden, fearing that a group of quarter-ton men wearing little more than loincloths would appear undignified. When Shiite Muslim terrorists held a planeload of Americans in Beirut, she vetoed a vacation to the Reagan ranch in California, knowing it wouldn't look right. She even tried, unsuccessfully, to dissuade her husband from making his controversial visit to the military cemetery in Bitburg, Germany, where Nazis were buried. "She's one of the only people who has no agenda other than what's good for my father," notes son Ron. "She's not angling for a position in the next administration. She only cares about what's good for him. And she's ver fierce about pushing that agenda."

In recent months, the First Lady ha grown even stronger. The Iran-contr affair may have marked the low poin in her husband's presidency, but i raised Nancy to new levels of powe and confidence. She guarded Ronal Reagan's schedule, regulated his ap pearances and advised him on person al (and personnel) matters. She claime chief of staff Donald Regan had serve the President poorly during the crisi and orchestrated his dismissal.

Nancy's successful overthrow Donald Regan once and for all shat tered her image as a delicate support ing actress hidden in the White Hous wings. But her performance also calle into question the extent of her influ ence on the President. Columnist Wil liam Safire wrote of her "extraordi nary vindictiveness" and described he as a "power-hungry First Lady . . . un elected and unaccountable, presumin to control the actions and appoint ments of the executive branch."

What should the role of the Firs Lady be? Unlike the President, whos job description is detailed in the Con stitution, the First Lady has unwritte and virtually limitless responsibilities In the White House East Wing, Nanc directs a staff of sixteen and has a



timated annual budget of $750,000. er duties include planning eight to n state dinners a year and making merous formal appearances. But ose are only her acknowledged re- onsibilities; few people deny Nancy as gone beyond them.

The woman who wept over criticism d changed her image just five years go appears to like her new, powerful ersona. "She's not scared anymore out what the press will say," claims on, Jr. "She knows it's like worrying out the next hurricane: You just ave to batten down the hatches. The on Regan stuff taught her that it's all ght to throw her weight around a ttle and let people know her opinion."

In fact, Nancy can even joke about er role as "Presidential hit man." In lling an audience about her girlhood mping adventures, she noted with a nile: "I don't think most people asso- ate me with leeches or how to get em off. But I'm an expert at it."

With eighteen months left in the hite House, will Nancy, who has told timates she is concerned how she ill be judged by history, continue to ll more shots? It's very possible, con- nd those who have watched her ansformation. The days of the meek irst Lady are behind her. This lioness as learned to roar. **End**

■ FIRST LADY
continued

will ever come her way to do so much good—for the poor, the afflicted, the less fortunate—and to make her mark in history at the same time?

Sure, it's very demanding, but every woman today has strains—to have a career, to have a family, to hold a marriage together. A lot is demanded of the modern woman, period.

Mike Wallace, *60 Minutes*

The First Lady's role should be just what she wants it to be—activist or recluse, outspoken or discreet. Her role should be determined by her character, her ambition, her style and, to some degree, her husband. We've been blessed by infinite variety in the past half century, from Eleanor Roosevelt to Nancy Reagan. Let's hope we're equally lucky the next fifty years.

Congressman Jack Kemp, Republican contender for president

The First Lady has a very important role: a representative of the president and the United States government at home and abroad.

But she is also a partner in a marriage and the glue that holds the family together. My wife, Joanne, has balanced her role as the real "quarterback" of the Kemp family with her responsibilities as a human-rights activist. I think she would make a superb First Lady. In fact, our friends think she should run for president instead of me!

Betty Friedan, author of *The Feminine Mystique* and *The Second Stage*

Ideally, the president's wife should be a role model, reflecting the evolution of women's full participation in our society. Today we can no longer expect a woman to hide her strength and her assumption of equality. If we are going to recognize this strength and equality, perhaps we should elect a president and his wife as a team, judging the qualifications of both for office. For instance—I hate to give this tip to the Republicans—if Bob and Elizabeth Dole ran as a team, it would be marvelous; I bet they would get elected.

If a woman instead wants to put her energy into the role of wife and partner, that's fine, too. But then we should recognize that she does indeed have an actual job that reflects strengths and capacities of her own. So it might be that the role of First Lady requires its own official job title, job description and salary. *(continued on page 130)*

WHAT'S HOT in HUNKS



Visages

Wild about Harry

Meet *L.A. Law*'s Harry Hamlin, TV's sexiest new star, plus two superhunks of the silver screen

By Eric Sherman

Harry Hamlin is not your typical bubble-headed, what's-your-sign, let's-do-lunch Hollywood sex symbol. The man is deep. Very deep. As a college student at Yale, he studied the dramaturgy of avant-garde authors. More recently, he described a play he starred in as "psychodramatic succotash." And he praised the "anorexic divinity" of a book he'd read. (At least we *think* it was praise.)

But the thirty-five-year-old actor, who gave up a Fulbright scholarship to pursue his acting career, insists he's no stuffed shirt. To prove it, he's been known to drop his legal briefs and moon co-workers on the set. He also gently makes fun of his very proper parents, who he says are "a very staid, Social Register family. That means they say the right things and use the right fork at dinner." And of growing up in a boring, upper-middle-class WASP neighborhood in Pasadena, California, he says: "Nothing ever happened. We were never robbed, we had no car accidents, no deaths in the family—nothing that ever reminded us that we were living. So I wanted to get out and do something really extraordinary." That's when Harry Hamlin decided to become an actor.

Still, the classically trained stage thespian is sometimes guilty of being pretentious. A man who refuses to watch any commercial television ("I get sick watching the set; I think it has something to do with my eyes"), he initially turned down offers to be on *L.A. Law*, finding the medium unappealing. But like any good actor, he's learned to make compromises. "When I first started working in the theater, I said I was never going to do a movie, and when I first did a movie [the film *Movie Movie* with George C. Scott], I said I was never going to do television, and after I first did a mini-series [*Studs Lonigan*], I said I'd never do a series. And here I am."

Where he is is on this season's most acclaimed new drama. *L.A. Law* offers not only Hamlin as head hunk, but two other examples of the *corpus delectable* as well—Corbin Bernsen and Jimmy Smits. The series is Hamlin's first popular success, coming on the heels of such celluloid flops as *Making Love* (in which he played a gay writer) and the disastrous *Clash of the Titans*. Two good things did come out of *Clash*, however: a romance with co-star Ursula Andress, who is fifteen years his senior, and, in 1980, a son, Dimitri. The couple never married. "We were both busy, and I never fancied rushing into a government office and getting married in ten minutes." Dimitri lives with his mother in Rome, but he *(continued)*

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WHAT'S HOT in HUNKS

(continued) visits Harry often, and the two speak on the phone just about every day.

Harry, however, has since married another actress, Laura Johnson, who used to play sexy Terry Hartford on *Falcon Crest*. They've been together since 1984, when they met at the opening-night party for *Awake and Sing!*, a play Hamlin was doing in New York. A hopeless romantic, Harry has been known to take his wife out in a rowboat with a bottle of wine and just the right music. Laura loves his romantic impulses, but Harry admits that in the past, other women were less impressed. "I was the guy who would go out at midnight and serenade the woman who wanted nothing to do with me," he says. "I'm not kidding. I was a late bloomer. No, I don't think I ever bloomed, as a matter of fact. And now I'm happily married."

Between *Law* and Laura, Hamlin's life has been on the upswing. And as long as he can keep in touch with his son, Harry couldn't imagine being much happier. "Dimitri is the best child I could imagine having; Laura is the best wife I could imagine finding, having and loving; and this TV series is the best work I could imagine doing."



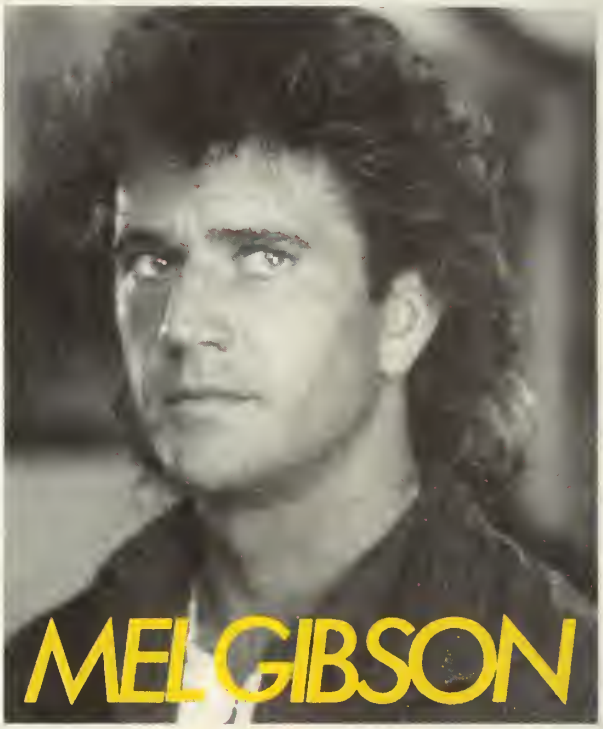
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But as both his series and his marriage enter their second year, will everything continue to look bright for Harry Hamlin? We'll just have to wait for the verdict.



Ralph Dominguez/Globe Photos

Though Harry and actress Ursula Andress (above) didn't marry, they had a son together, Dimitri, in 1980. Hamlin later married another actress, Laura Johnson (left), who was last seen on *Falcon Crest*.



United Artists Pictures

From macho man to family man

It was a warm and inviting afternoon in Los Angeles, and a crowd had gathered on Sunset Boulevard to watch the filming of the recent hit movie *Lethal Weapon*. A pack of Mel Gibson fans—most of them women—were jockeying for position as close as possible to the thirty-one-year-old sex symbol, hoping to come within melting distance of his piercing blue eyes.

At the first break in shooting, a ripple of excitement swept through the crowd as Mel moved toward them. "Robyn," the actor called, searching longingly for his wife. "Robyn, where are you?" Immediately, several attractive women pushed forward, no doubt willing to change their names for the opportunity to be whisked away by Mel Gibson. But the actor soon spotted his wife and bounded toward her like an eager puppy.

"He was just so cute," recalls *Lethal Weapon* co-star Traci Wolfe. "The moment he saw Robyn, his whole face lit up, and his eyes began to twinkle. It's amazing what his wife and kids mean to him."

Forget about Mel Gibson's rough-and-tumble image. In real life he's a quiet, down-to-earth family *(continued)*

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WHAT'S HOT in HUNKS

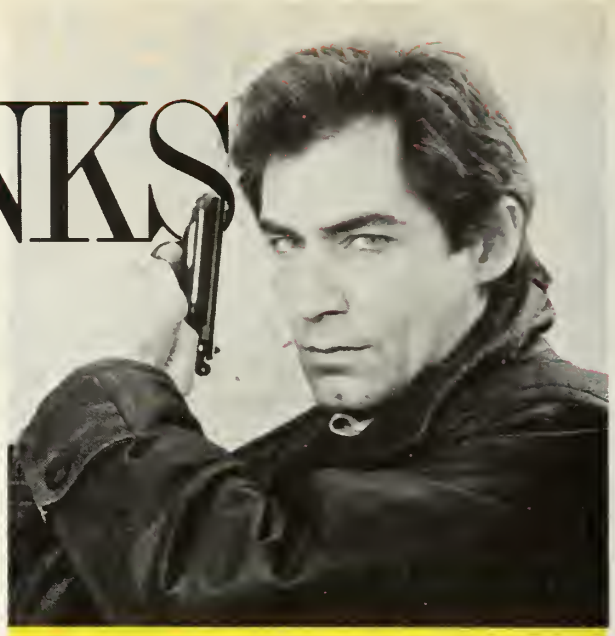
(continued) man with clear priorities. Though he's been married now for seven years, when he's around Robyn he still acts like a starry-eyed groom on his wedding night, and he can't stop talking about his four young children. (And as the *Journal* went to press, Mel and Robyn were expecting their fifth baby.)

"I'm hooked on fatherhood," he says proudly. "If I were to list the happiest moments of my life, the births of my children would be right up there on top." When he had to miss the birth of his daughter, Hannah, five years ago because he was in Egypt making the movie *Gallipoli*, he listened in long distance, crying into the telephone. But there's little chance of that happening again; Mel has decided to put his career on hold for a while to concentrate on his family. And his next movie, another action comedy called *The Fugitives*, won't begin filming until November and won't be released until next summer. He's also considering another project called *Tetley*, which will allow him to stay in Australia during shooting.

In the meantime, Mel will spend much of his time with Robyn and their brood on their recently purchased eight-hundred-acre cattle ranch in Victoria, Australia. Mel loves the peace and simple pleasure of working on the ranch, from marking the cattle to selling the beef that's slaughtered from his herd. "Life's so much fuller in the country," he says. "It's amazing, the level of activity to be experienced where there's nothing but trees and hills, looking over a whole herd of cattle."

If Mel symbolizes the rugged Aussie spirit, it may come as a surprise that he was actually born in Peekskill, New York, and is still an American citizen. The sixth of eleven children ("My parents were gluttons for punishment," he jokes), he and his family moved to Australia when Mel was twelve, and he has lived there since.

Now considered one of the world's sexiest men, he insists he wasn't attractive when he was growing up, and he says he didn't have much luck with girls. "I was fairly tongue-tied," he recalls, "one of those guys who'd always turn red." Today, of course, it is women who find themselves reduced to Jell-O in his presence, though Mel is surprisingly nonchalant about his sex-symbol status. He insists he doesn't work on maintaining his looks and rarely even exercises. How does he keep himself in such great shape, then? That's easy. "His real exercise," says Robyn, "is lifting babies."



United Artists Pictures

TIMOTHY DALTON

A BOLD NEW BOND

His name is Dalton. Timothy Dalton. His dossier is impressive: age forty-one, born in North Wales, a respected Shakespearean actor. His mission: take over the reins as 007 in the next James Bond film, *The Living Daylights*, which premieres July 31.

It is a tough assignment, but Dalton's up to the task. Suave, handsome and intriguingly aloof, he has all the ingredients needed to follow in the footsteps of the previous Bond, Roger Moore. As only the fourth actor in twenty-five years to play the globe-trotting, bed-hopping secret agent, he knows he is under a lot of pressure, but he remains cool and confident. "I realize that the success of this movie all comes down to whether audiences like me," Dalton says, "so I'll just have to be bloody good."

In true Bond fashion, one of the reasons Dalton is so fascinating is his female partners. Over the years, he has dated some of the world's most beautiful women, and he has carried on a fifteen year on-and-off affair with Vanessa Redgrave, the controversial British actress and activist. The new Bond, who is nine years younger than Redgrave, has been careful to lay down the law for their relationship: "One word out of her beautiful mouth about Trotsky," he says, "and I'm out the door."

He may know how to handle Redgrave, but can he deal with the transition from Bard to Bond with the same finesse? Dalton isn't worried. "I've appeared with Joan Collins in the TV movie *Sins*, and I'll be in *Brenda Starr* with Brooke Shields," he explains, "so please don't make me out to be so pompous. As far as I'm concerned, playing Bond is just another part."

Research for this article was provided by Colin Dangaard.

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NEWS FOR PARENTS

By Mary Mohler



Is your child ready for kindergarten?

Superbaby's days may be numbered. More and more parents whose children are on the borderline in terms of kindergarten age requirements are deciding to delay school entry for a year. To help you decide whether your child is ready, here are the results of *World Book*'s national survey of some 4,500 kindergarten teachers on what skills and knowledge children need in order to be adequately prepared for kindergarten. The 105 skills the teachers found desirable for kindergartners are organized into the following nine groups.

Size Understands concepts of big and little, long and short; can match objects in terms of size **Colors and shapes** Recognizes primary colors and basic shapes; can match and copy shapes **Numbers** Understands concepts of quantity (empty and full, less and more); can count to ten **Time** Knows age and birthday; understands day and night **Reading readiness** Knows basic vocabulary and expresses self verbally; aware of letters and words and that they carry a message; looks at books and magazines and pretends to read; looks at pictures and tells a story; identifies own first name in a book; can print own first name; can complete a sentence with the proper word **Position and direction** Understands in and out, up and down, and other words of relative position; knows left-to-right and top-to-bottom progression; understands opposites **Listening and sequencing** Follows simple directions; can pay attention to simple story and retell; recognizes and repeats sounds and sound sequences **Motor skills** Can run, jump, hop, throw a ball; can draw, cut, paste; can button and zipper own clothes **Social and emotional development** Knows name and address; works independently; takes care of own belongings; gets along with others; understands concept of taking turns.



For a copy of the booklet *Getting Ready for School*, send a postcard to World Book, fifth floor, 231 South Green, Chicago, IL 60607.

a is for angry

Frustration over a broken toy, a sense of foilure at not living up to parental expectations, a dessert denied . . . any of these can be the occasion for an outburst of murderous rage from your child. Whot's more, trying to deal with a child's anger can be one of the most distressing—and enroging—experiences of parenting, probably becouse most of us weren't taught to deal with this emotion in our own childhoods. Here are some suggestions from the experts at the National Institute of Mental Heolth to help you in responding to and averting angry or aggressive outbursts.

Let the child know you accept his feelings Say something like "I see that you're very angry that we can't stay at the park." The idea is not to repress the emotion—it will anly get acted out inappropriately somewhere down the line. **Teach kids acceptable ways of expressing anger** The simple verbal expression of a feeling—"I get very angry when you take my toy"—can help a child feel in control af the situation, thus reducing the need to act out. If the anger is too strong for wards, provide a pillow or laundry bag for punching. **Set limits in advance** Let your child know when he's not angry what the rules are—no hitting, no throwing things, no breaking things. **Explain the situation** Remember that emotions are powerful and often incomprehensible to children. Try to help pinpoint the feelings that caused the outburst. **Ignore behavior that you can tolerate** If you point out every infraction of the rules, a child will end up feeling incapable of doing anything right. **Use humor** A judicious bit of kidding can offer a child a face-saving way out of a situation and avert a tantrum. But be careful not to use sarcasm or ridicule, which can be very damaging to a child's self-esteem. **Use physical restraint** If a child has really lost control, physically hold him or remove him from the scene to prevent his hurting himself or others. It's very important to hold on to *your* temper at this point—the child should not see this as punishment or hostility. **Catch the child being good** As often as you can, reinforce good behavior—this is much more effective than punishment in the long run. **Model appropriate behavior** Your actions are the most powerful influence of all. If you haven't mastered your own anger, you can't expect your kids to do better.

Parenting tip

Have you ever cut a piece of cake in half for your kids, only to have them fight over who gets the bigger piece? There's a simple solution to this. Let one child cut the dessert in half and the other child pick which piece he wants. The pieces will be cut exactly in half, and there'll be no arguments.

—Sharron Hite, Bellflower, CA

Sam Weissman

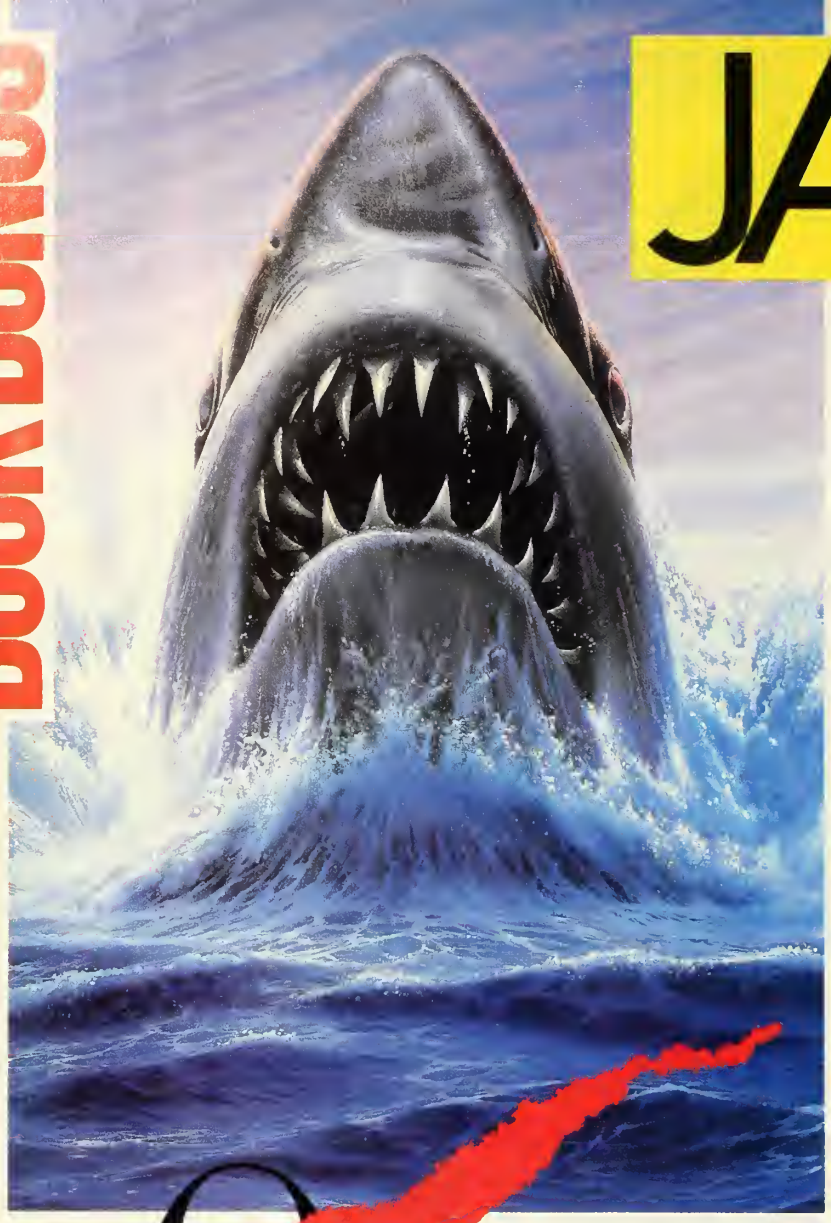
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JAWS

the revenge

Just when you thought it was safe to read on the beach again . . . Yes, he's back, in an excerpt from this summer's most terrifying best-seller

On an evening just a week before Christmas, a famished gull perched on an icy piling in Amity Harbor. It sensed something it did not like beneath the surface of the water. The hungry gull cawed sharply, then spread its wings and swooped off toward its nest on Amity Rock.

Random impulses had lured the Great White shark to warmer, shallow water. This night, he moved slowly through the ebony waters of Amity Bay. He was twenty-eight feet long and weighed over three thousand pounds.

His flat dish eyes were black as the night. They were entirely without pupils, but strangely knowing. Day or night, he was exactly attuned to his surroundings. He sensed a moray slithering from its cave a thousand yards away and lobsters stirring in lobster pots.

A female fur seal and her baby circled the Amity outer bell buoy, evaluating it as a haven. For reasons she could not understand, *(continued on page 140)*

Excerpted from the Berkley book JAWS THE REVENGE, a novel by Hank Searls, based on a screenplay by Michael de Guzman, inspired by Peter Benchley's JAWS. Copyright © 1987 by MCA Publishing Rights, a division of MCA Inc. Reprinted by permission of the Berkley Publishing Group.

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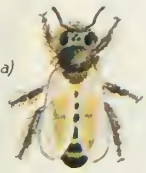
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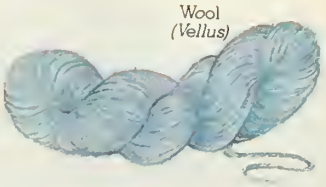
Thistle
(Onopordum Cirsium)



Juniper
(Juniperus Communis)



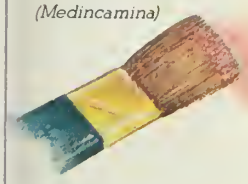
Mosquitos
(Culicidae)



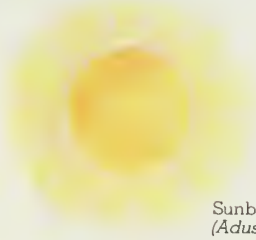
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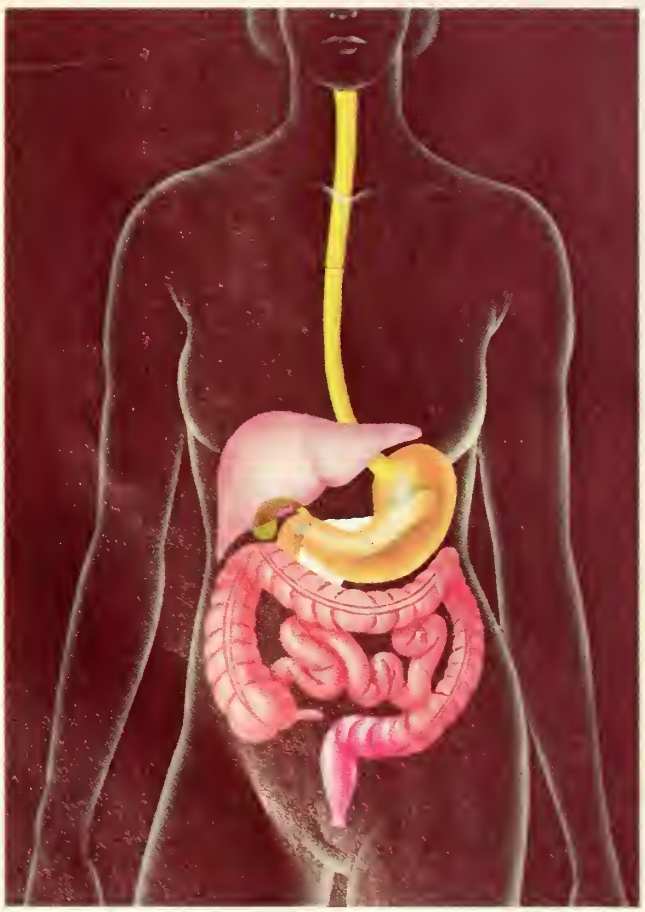
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GUT reactions!

From indigestion to irritable bowel syndrome, from constipation to cancer, learn what can go wrong with the digestive tract, and how you—or your doctor—can make it right



Leonard Dank

You ate everything in sight at dinner and have terrible indigestion. Or you've been suffering burning pains in your stomach and suspect you might have an ulcer. Or perhaps you've just been rushed to the emergency room with a painful gallbladder attack.

Nearly everyone has suffered from a digestive problem at one time or another, and these disorders are among the most common illnesses of all. There are at least twenty million Americans who suffer from chronic digestive diseases—such as inflammatory bowel disease, ulcers or gallstones. Countless more occasionally suffer from less serious, short-term problems, such as indigestion or heartburn. *(continued on page 84)*

Digestive-tract trouble spots

ESOPHAGUS: So-called heartburn is actually a problem with this passageway from mouth to stomach.

STOMACH: This is where ulcers strike. And contrary to popular belief, it's your genetic makeup—not the amount of stress in your life—that is the main risk factor.

GALLBLADDER: Doctors say the typical gallstone patient is "female, fat, over forty, and fertile."

SMALL AND LARGE INTESTINES: The intestines are twenty-five feet long, but colorectal cancer most often occurs in the final twelve inches (bright-pink area).

By Maureen Mylander

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GUT REACTIONS

continued from page 80

The following will help you recognize and deal with some common digestive ills—from such everyday problems as constipation and diarrhea to more serious conditions such as ulcers, gallstones and cancer.

Common complaints

Indigestion Indigestion can be described as the ecstasy (of eating too much, eating too fast, or eating foods that are too fatty, spicy or rich) followed by the agony (of nausea, regurgitation, vomiting, heartburn, bloating and stomach discomfort or pain). Emotional stress can also be a factor.

To relieve indigestion, try fasting for several hours. Then consume only liquids or soft, bland foods until symptoms subside. To prevent the problem, eat light, regular meals and avoid stomach irritants, such as coffee, tea, cigarettes, alcohol, aspirin, greasy foods and—if you are lactose intolerant—milk and milk products. If symptoms persist, see a physician.

Heartburn A steady, burning pain or tightness behind the lower part of the breastbone, heartburn occurs when the ring of muscle that joins the esophagus and stomach fails to close properly. This allows stomach acids to back up into the esophagus. Cigarette smoking can make the esophageal valve malfunction, as can chocolate, peppermint, and fried or fatty foods. Other substances that may trigger heartburn include aspirin, alcohol, tomatoes and tomato products, citrus fruits and juices and coffee. It is a common complaint during pregnancy.

To prevent or remedy heartburn, avoid ingesting the substances listed above, eat smaller, more frequent meals, do not smoke, do not lie down or bend over after eating (this causes stomach acids to flow back into the esophagus). Elevating the head of yo bed by about six inches and loosenir tight-waisted clothing may also hel Losing excess weight helps many pe ple control heartburn.

Over-the-counter antacids are hel ful in relieving heartburn, especial when taken about an hour after mea and at bedtime. However, prolonge use of antacids can cause diarrhea ar other problems. If heartburn continu three weeks or longer, see a physicia The doctor may prescribe the ulc drugs cimetidine or ranitidine f short-term relief.

Pain from the esophagus is som times mistaken for heart attack. B cause the two problems have simila symptoms, it's important to have an chest pain, even a burning sensatio evaluated by a physician.

Nausea and vomiting Nausea and von iting are usually caused by food po soning, viruses ("stomach flu") or ove eating. In some cases, severe emotio al upset, sudden shock or fright wi cause vomiting.

When you're feeling nauseated, r lieve the discomfort by loosening tigh clothing, getting some fresh air an relaxing. Avoid eating or drinking f two to three hours. Then try drinkin water, tea or flat ginger ale. Graduall resume a normal diet.

One of the dangers of prolonge vomiting—especially for the ver young, the very old and the ill—is de hydration. Infants and children unde ten can become dehydrated from vom iting within just six to eight hours they cannot retain any fluids. I adults and children older than ten, de hydration can occur within twelv hours. If vomiting is very severe o persists for this length of time, see medical care.

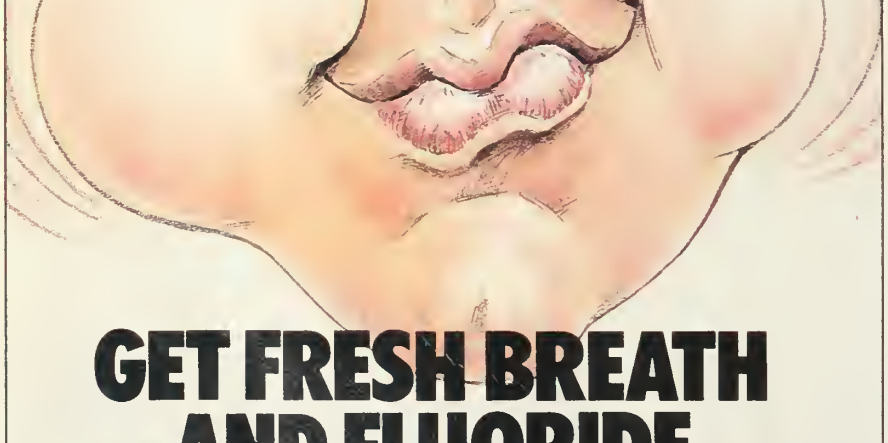
Constipation Constipation is often perceptual problem rather than physical one. Many people think tha "regularity" means having a dail bowel movement. Actually, normal fre quency can *(continued on page 130*

Free phone consultation for LHJ readers

Especially for LHJ readers, the American Digestive Disease Society (ADDS) will have gastraenteralagists (dactars specializing in digestive disarders) an call during the week af August 24. (The doctars came fram four haspitals in the Washington, D.C., area: Geargetawn University Medical Center, Gearge Washingtan University Medical Center, Howard University Haspital and Shady Grave Adventist Haspital.) Far the price af a phone call, yau can have a physician answer yaur questians abaut yaur awn ar yaur family's health.

The LHJ "Gutline" will aperate from Monday, August 24, thraugh Friday, August 28, fram 2:30 ta 5:00 P.M., Eastern Daylight Time. Call 301-652-9521.

The American Digestive Disease Society also affers tapes, dietary plans and baaklets an variaus digestive tapics. For mare infarmatian, write: ADDS, 7720 Wiscansin Avenue, Bethesda, MD 20814.



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My best vacation

"Surely it was designed by some one in love," writes Cynthia Rodman of Cleveland, Ohio, describing what she calls the world's most romantic hotel—Las Brisas, in Acapulco, Mexico.

Las Brisas, set on a hillside overlooking a spectacular beach of pure white sand, is a honeycomb of three hundred pink-and-white bungalows, private pools and terraces secluded amid tropical vines and flowers.

"There were fresh flowers in the room every day," Cynthia says, "and a complimentary Continental breakfast that's slipped through a special window so even the waiters won't intrude on your privacy."

The hotel also has a fleet of pastel jeeps that guests can rent for shopping trips or exploring.

"Elsewhere in the hills live most of Acapulco's blue bloods in stately villas that are open and airy, with arches, patios, pools, doorways without doors and windows without glass," Cynthia recalls. "It's marvelous."

Summer rates at Las Brisas begin at $105 per double and climb (literally, the higher the room, the higher the price) to $250. For reservations, call Westin Hotels, 800-228-3000.

TRAVEL TALK

By Ron Butler



Summer in San Francisco

Visiting San Francisca is a real treat any time of year, but summertime is unusually delightful. Aside fram the standard year-round attractions there are a variety af exciting cultural events this summer. The city will host the famaus Bolshoi Ballet fram August 4 thraugh August 9, part of the Russian company's first American tour since 1979, at the War Memorial Opera Hause. There are alsa free Music Festival performances every Sunday until August 23 at beautiful Stern Grove, a grassy glen encircled by towering redwoods in the Sunset district, in the southwest part af the city. The concert series, which is celebrating its fiftieth anniversary this summer, includes all kinds of music—everything fram grand apera to jazz and bluegrass.

Twa must-sees far brawsers are Pier 39 and Fisherman's Wharf, both just a cable car ride from Unian Square. Pier 39 is a farmer carga pier that naw hauses twa levels af shaps and restaurants, a marina, a waterfront park, a classic dauble-deck carousel and other attractions, including street actors and musicians. Just twa blacks east is famed Fisherman's Wharf, where yau can grab a lunch af fish and chips and watch the ferryboats glide by.

Part of the fun af visiting San Francisca is sampling its fabulaus restaurants. Same natewarthy suggestions: Fog City Diner, Cafe Mazart, Bentley's, Sutter 500, Ernies and the Califarnia Culinary Academy.

Many of the city's leading hotels affer attractive summer and weekend rates. The new Ramada Renaissance has a Weekend package ($119 for a dauble room, $109 for a single), including a battle af wine and free parking, available Friday, Saturday and Sunday nights. Call 800-228-9898.

For additianal infarmation, contact the San Francisca Canventian and Visitars Bureau, P.O. Bax 6977, San Francisco, CA 94101; 415-974-6900.

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DECORATING HOTLINE

By Caralee Johnson

the ins and outs of OUTDOOR FURNITURE

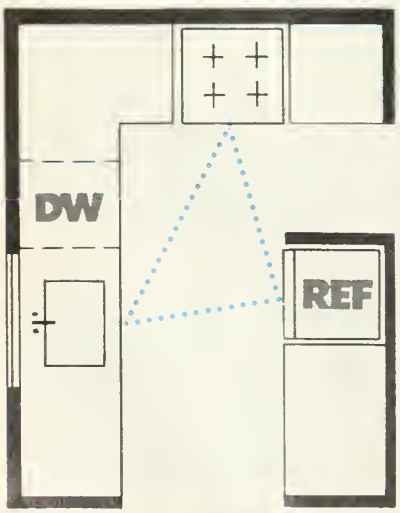
Have you been longing to sprawl out on a new chaise longue or have an outdoor dinner party using a new table and chairs? Well, it's not too late. With postseason sales galore, August is a great time to find bargains in the outdoor furniture that you've wanted all summer. Here's what to look for: **Aluminum** Outdoor furniture made of this lightweight metal is often specially treated with a powdered coating to make it chip resistant and easily movable. Brown Jordan, a top-of-the-line outdoor furniture manufacturer, makes durable aluminum furniture in several attractive traditional and ultramodern styles. Aluminum furniture is designed to stand up to outdoor exposure, but Brown Jordan suggests applying a good coat of automobile wax, such as Liquid Turtle Wax, to protect frames from the summer sun. A vinyl protectant such as Armor-All can also be applied to seats to fend off mildew or damage from air pollution. And to keep outdoor seat cushions fresh, clean them with a mild detergent and leave to air dry. **Wrought iron** For a classic European garden look, wrought iron is the perfect choice. Because it's much heavier than aluminum, wrought iron is well suited to places like balconies, where heavy material is a must. Wrought iron is usually coated to prevent rust-producing moisture from seeping through to the metal. If the coating chips, exposed areas should be painted with rustproof paint. Some furniture even comes with touch-up kits of spray paint or sealant. **Teak, redwood and oak** Teak is known for its longevity on boats and decks, making it a smart choice for outdoor furniture. Benches and tables made of unfinished teak, redwood and oak will weather over time to a soft gray. Teak and oak may be treated with a polyurethane coating, stained or kept in a protected area to help the wood retain its natural color. Special redwood sealers are also available to retard the graying process. **Rattan and wicker** Despite their outdoorsy style, rattan and wicker should never be exposed to the elements. If you use them in a sheltered environment, such as an enclosed porch, this type of furniture can be enjoyed all year long. For a wicker look that you can use outside, try some of the new lines of synthetic wicker furniture developed to stand up to hot, humid weather. For touch-ups on painted rattan or wicker, spray with a good quality lacquer finish.

To keep your furniture looking fresh for next summer, store indoors in a dry area with a light dustcover. Don't wrap tightly with plastic, which could trap moisture, cause mildew



Brown Jordan

ARRANGING AN EFFICIENT KITCHEN



Redoing your kitchen? Start by drawing a floor plan. The classic design—which places the stove, refrigerator and sink in a triangle—will save you the most steps. The Maytag Company suggests that the total measurement around the three legs of this triangle should be between 12 and 21 feet.

In the food preparation area, the refrigerator should have about 15 inches of counter space next to it, where the door opens. Then add 36 to 42 inches of counter space for a mixing or baking center.

The cooking center should be closest to the dining area. On each side of the stove, allow at least 15 to 24 inches, more if you have a microwave. And for the clean-up area, allow 24 to 36 inches of counter space on each side of the sink.

After you've arranged the basics, think about extras. "You want your kitchen to reflect your lifestyle," says designer Kathryn Stephens, of Kathryn Stephens Associates, in Roslyn Estates, New York.

If you like to prepare a meal with your guests or kids in the kitchen, try a work island, where people can pull up a chair and talk to you while you cook. Or if more than one person helps with the meals, include lots of counter space, a double sink and room to walk around. You may also want to include a desk or laundry area in your kitchen.

The type of menus you generally prepare affects your kitchen needs as well. For example, people don't need as much pantry space as they used to, because they use fewer canned goods and more fresh or frozen items, Stephens says. A full-size refrigerator and freezer side by side may better fit the lifestyles of today's families than extra cabinets.

THE NEW KITCHENAID KITCHEN.



r literature write KitchenAid, Dept. C-54R, P.O. Box 3900, Peoria, IL 61614.

efrigerators. A new remium line built with all ıe craftsmanship, quality ıd durability of the itchenAid® dishwasher.

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HOW TO TURN HOT DOGS INTO CASH



© Geo. A. Hormel & Co. 19

Pick up a package of Frank 'n Stuff® Hot Dogs and you might pick up an extra $250, $500, $1000 or $10,000. Just check the instant winner card inside the package to see if you are a winner. Or write us at the address below for an instant winner card. That's all there is to it. No purchase is necessary. Void where prohibited by law. Prize claims must be received by December 31, 1987.

Frank 'n Stuff Hot Dogs are the fun food that features a tunnel of cheese or chili inside a Hormel hot dog. If you haven't tried them, this is your big chance. Because for a limited time, we're giving you up to 50¢ off. Just look for the coupons inside the package.

Frank 'n Stuff Hot Dogs. The hot dogs you can eat for fun and profit. Hormel

$10,000 INSTANT WINNER GIVEAWAY



For a free game card and official rules, send a stamped self-addressed envelope to Sales Marketing, Inc., PO Box 21-601, Eagan, MN 55121 (Residents of WA & VT may omit return postage.) Requests must be received by 11-1-87, and will be honored while supply lasts.

Hormel is also the creator of the Austin Street Market Catalogue, your best source for holiday gifts this Fall. Send $2.00 to: 501 N E. 16 Ave., Austin, Minnesota 55912.

SPECIAL OFFER FROM LHJ

Sweet on sweats

Fashion today has become a lot more feminine—even the traditional sweatshirt is no slouch where style is concerned! So pack away the bulky army-green number you borrowed from your brother and opt instead for any one of our jazzy, high-style collared sweatshirts. Choose either red-and-white or blue-and-white pinstripes, or red or blue solid, for just $17.95 each. To order, turn to page 154.

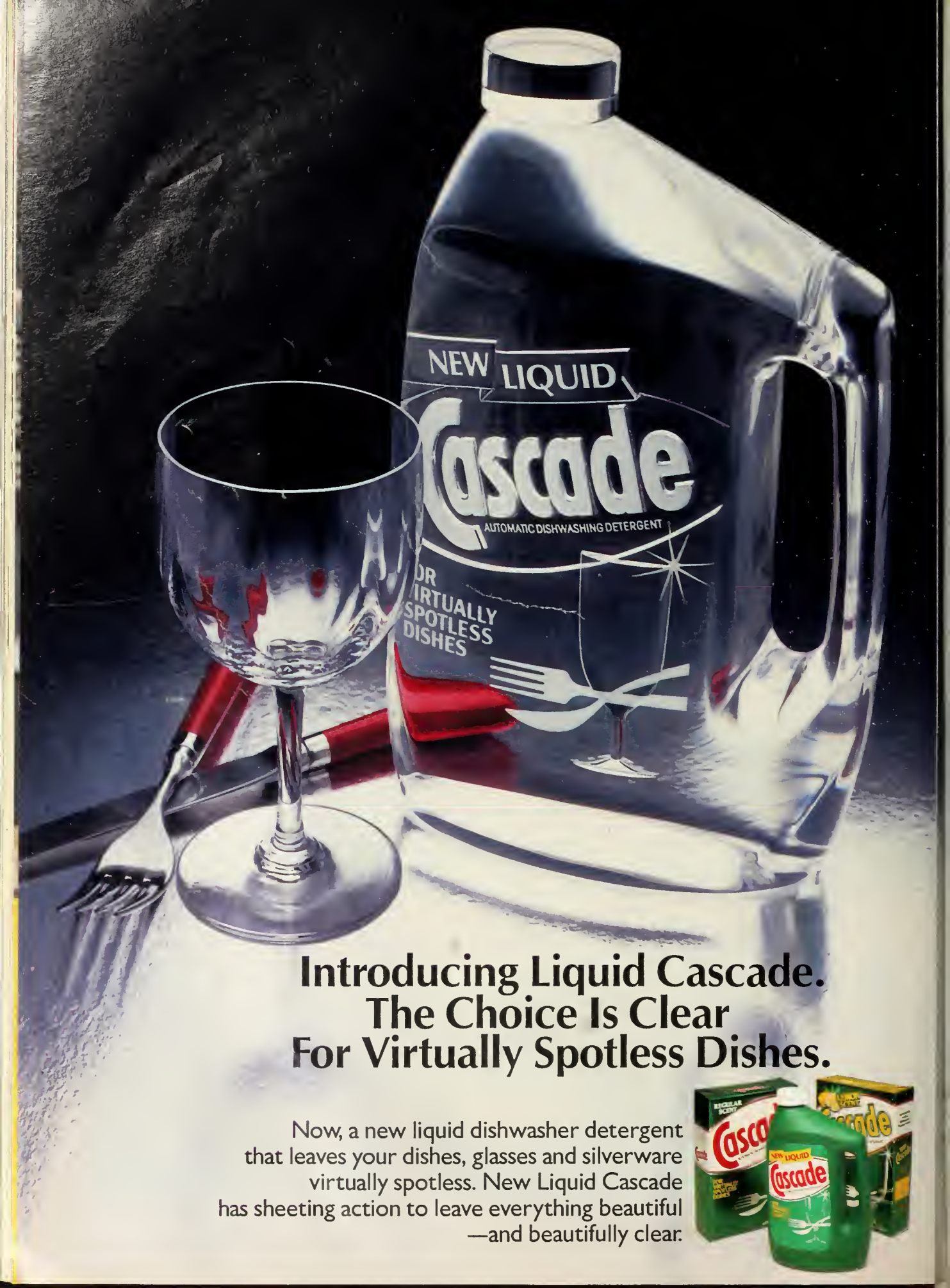
Whether you go for solids or stripes, our soft sweatshirts will give you easygoing style

Details, page 144.





Andrea Alberts



Introducing Liquid Cascade. The Choice Is Clear For Virtually Spotless Dishes.

Now, a new liquid dishwasher detergent that leaves your dishes, glasses and silverware virtually spotless. New Liquid Cascade has sheeting action to leave everything beautiful —and beautifully clear.

Ladies' Home Journal
August 1987

Women and the New MIDLIFE CRISIS

Reaching midlife can mean letting go of your old dreams—or seizing the moment to make your dreams come true

By Roberta Grant



I've never liked myself more!



Now I know what I want to do with my life.



It's too late for me to start over.



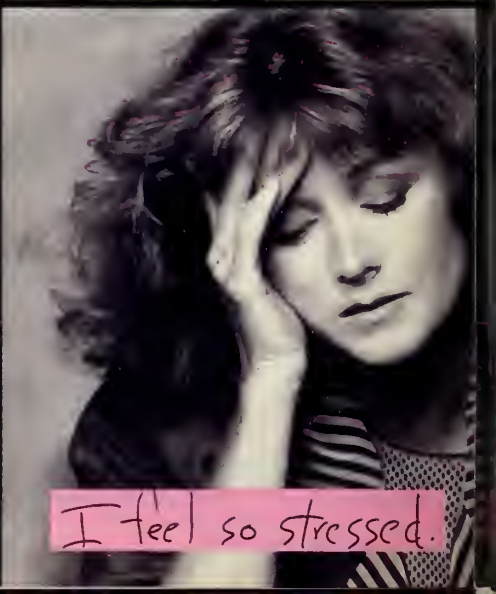
Won't I ever get married?



I've never felt so old.



I've never felt sexier!



I feel so stressed.

PHOTOS BY BARBRA WALZ







Twenty years ago, "midlife crisis" was an affliction that struck only men. As a man entered his forties, he often became frustrated with the monotony of work and family activities. He hungered for a chance to start over, to choose a different path to fulfill his youthful promise and to deflect the specter of his own mortality. Wrestling with the limits of the life he'd chosen, he might initially have become angry or depressed, started drinking or had an affair.

His wife, meanwhile, often suffered her own midlife phenomenon, but it was termed the "empty-nest syndrome"—the feelings of abandonment and purposelessness she experienced when her children grew up and left home.

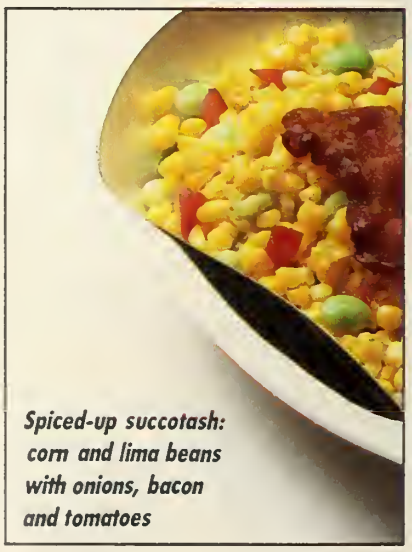
Today, however, women's lives are often more complex, and midlife crisis is very much a women's issue. Yet the new midlife crisis is different in many respects from the traditional concept that Gail Sheehy wrote about in her best-seller *Passages* (E.P. Dutton, 1976).

Sheehy popularized the independent research findings of psychologist Daniel Levinson and psychiatrists George Vaillant and Roger Gould. They found that men pass through unstable transitional periods at various points in their lives, and that the change occurring around age forty is an especially difficult one. But these studies were all based on the belief that people progressed through various life stages on the same timetable—for example, that almost everyone married in his early twenties and had children soon after.

Today, such chronological conformity is no longer the case, especially for women. They now marry at any age, have children early or late, combine motherhood and career or forgo marriage and motherhood altogether. Yet although women of the *(continued on page 153)*

25 SUMMER

Tired of cooking zucchini the same old way? Had enough of corn on the cob? Then try all twenty-five delicious ideas for serving up a garden variety of the season's bounty



Spiced-up succotash: corn and lima beans with onions, bacon and tomatoes



Paired with grilled fish or meat, Cajun Tricolor Peppers makes a pretty palette, a zesty side dish

SIDE DISHES

By Jan Turner Hazard
Food & Equipment Editor



asta with Grilled Eggplant
resses up an ordinary
eggie with bowties,
matoes, anchovies and capers



A simple but elegant way with tomatoes—our Italian-inspired Tomato, Basil and Mozzarella Salad



Irwin Horowitz

We know your family will agree: Zucchini is at its best when combined with mushrooms and peppers in Crowd-Pleasing Squash

Recipes begin on page 114



Marilyn

the legend lives on

On the twenty-fifth anniversary of her death, memories of Marilyn Monroe still influence us all

THAT SPECIAL WALK Once, early in her career, when Marilyn was out of a job, she heard that a sexy girl was needed for a walk-on part in a Marx Brothers film. When she met Groucho Marx, he told her, "This role calls for a young lady who can walk by me in such a manner as to arouse my elderly libido and cause smoke to issue from my ears."

Marilyn walked. When she turned, the smoke was positively billowing from Groucho Marx. (Some say the secret of the Marilyn Monroe walk is that she cut a quarter inch off the heel of one shoe, causing her hips to sway.)



Bruno Bernard/Globe Photos

Groucho called Marilyn "Mae West, Theda Bara and Bo-Peep all rolled in one," and the scene in which she walked was shot without a hitch the next morning.

REPEAT PERFORMANCE John Huston, the director who gave Marilyn her start in the film *The Asphalt Jungle*, recalls the nervous, eager young woman who arrived at the audition. "Marilyn had already memorized the script, *(continued on page 136)*

Hair at right and on following pages, Max Pinnell for Bumble & Bumble, NYC. Makeup at right and on following pages, Linda Cantello. Dress at right, Betsey Johnson. Fashion details, page 144.



THE MONROE FORMULA

What made Marilyn so appealing? A winning mix of little-girl innocence and grown-up sexiness. Our version: tousled blond locks framing come-hither eyes, kiss-me-quick lips; seductive, shoulder-baring black top paired with layers and layers of white crinoline



Photoworld

there's a little bit of Marilyn in all of us





The alluring gaze, the playful pout, the signature style . . . there are times we all take o parts of Marilyn's personality. And now that her voluptuous look is back in fashion, an being blond is all the rage, the transformation to siren is a snap. To prove our poin we Marilynized three models, from flaxen head to stiletto heel. Opposite, we tell you hov

GOLDEN RULES FOR GOING BLOND

We asked pro colorist Louis Licari of New York City's La Coupe for expert advice on becoming the blond you may only have dreamed of being: ■ Almost everyone can be blonder—how much depends on your coloring. Four blond options are: 1) soft highlights for a sun-kissed look; 2) bold highlights for dramatic streaks; 3) single process for a golden color; 4) double process for pale platinum. ■ If you go totally blond, opt for a short haircut. ■ Because hair color has become an accessory in the eighties, it's okay for hair to look colored. Although we all knew Marilyn dyed her hair, we weren't supposed to see her roots. But Madonna's roots are very evident, and very acceptable. ■ Two quick tricks for blonding hair in the sun: Pull sections of hair through round lemon slices and leave on to lighten, or pour on some flat champagne. For easy at-home coloring with salon-perfect results, we recommend Miss Clairol's shampoo formula in Extra Light Ash Blonde and L'Oreal's Preference in Ultimate Pale Blonde.



Right: model, Michele Eabry of Click. Fashion details, page 144.



For that MM look:

- *Show off your shape with the new body-hugging fashions made with Lycra in jersey, cashmere and gabardine for day, textured cloqué, lace or puckered fabrics for evening, in bustier, fishtail tank and off-the-shoulder styles.*
- *If you thought black was sexy, try the dazzle of white, and whiter shades of pale like vanilla, cream, sand, oyster.*
- *Go for a few accessories with full-strength impact—widest cinch belt, stiletto pumps, sheer seamed hose.*
- *Add sensuous touches to every outfit—slouchy cashmere sweater, chiffon scarf, silk teddy. Now you're ready to find out whether gentlemen really do prefer blonds!*



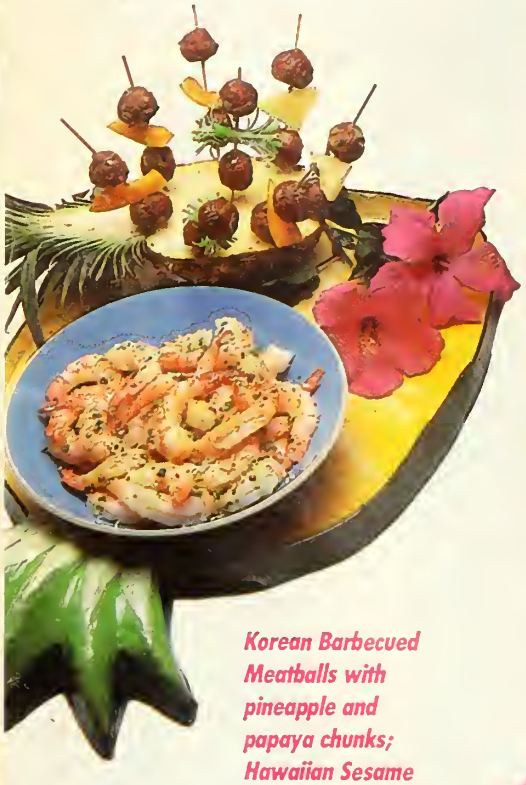
Globe Photos

BARBECUE



For a very festive, out-of-the-ordinary summer buffet, why not go Hawaiian? Just mix up a big batch of Pink Palaces, pass out the leis and treat your guests to a backyard luau, inspired by the Honolulu community cookbook *A Taste of Aloha*. Recipes for these and more begin on page 120.

Used by permission of the Junior League of Honolulu.



Korean Barbecued Meatballs with pineapple and papaya chunks; Hawaiian Sesame Shrimp is a surefire crowd pleaser



Photos, Thom DeSanto. Prop stylist, Debrah Donahue.

Island Style



Above, our Pink Palace is a creamy delight, rosy with grenadine; below, fluffy Coconut Cake, made with plenty of fresh coconut, is lighter than air



The main event, clockwise from top left: Kim Chee Salad—marinated cabbage, carrots, onions; Papaya–Rice Salad with Ginger Dressing; Pineapple Grilled Chicken served with sweet and sour sauce and spicy Kalbi Ribs; Somen Noodle Salad



The checkerboard floor has traditionally graced the most elegant homes and is as popular as ever today. Although once made of costly marble, a checkerboard floor can now be had for a lot less. We used rubber tiles in this charming country dining room. (Rubber is tops for practicality: It looks great and is very durable.) For checks with a twist, why not add a dash of eye-catching color?

fabulous look indefinite. Check out the clever new ideas that are in store for you when you decorate your home from the ground up.

focus on FLOORS

When you want less impact, a more elegant, or smaller space, look to the lower color below. The subtle, subtle space looker evokes a more-to-be-seen feeling.



The classic black and white **checkerboard** looks terrific with almost any decor, but notice the dramatic results when it's combined with unexpected colors and shapes.

Ideas on small way in a bedroom above. The wall-to-wall floor has a checked with a subtle-tile coating. A rich, a bold work of art serves as the over. Here, the on-trapper in the room way—look that in-vent in a sophisticated or romantic—fashion.



By Marilyn Dare Gist, Decorating and Design Editor

At Guest, Preston Bailey's new tile floors [illegible] Palm room. The Alessio-Robles' [illegible] dining [illegible] and rug, Santa Cruz Americana & Modern. Bathroom [illegible] Lesser. Children's room: Porcelain. Timothy Dale's mirror [illegible]



This page, rooms styled by Robyn Glaser. Photos, Grant Peterson

In simple contemporary rooms, floors with strong ***texture*** are an ideal complement. An interesting woven carpet, faux marble or stone tile gives instant style to monochromatic furnishings



focus on FLOORS



High-tech kitchens require high-tech style, and we think the faux granite floor above is a hands-down winner. Made of sturdy vinyl, it's both functional and fun. The tiles can also be used in a bathroom or foyer. Another option for heavily trafficked areas is the textured wall-to-wall wool carpet in the den at left. It's very durable and great for hiding dirt; its neutral color adds warmth to any room, modern or traditional.

Top choice for a dreamy teen, the fab pink faux marble above is one of our favorites. Created with stick-on vinyl squares (they're a cinch to apply yourself), this floor is very inexpensive, very fifties, very funky.

Kitchen: Tiles, Pinay Flooring Products Inc.; chair, Beylerian; table, Philippe Starck, Furniture of the Twentieth Century. Teen's room: Stool and slippers, the Wicker Garden. TV room: Rug, Einstein Moomjy; TV, B. Altman; pillows/upholstery, the Futon Shop; leopard fabric, Paron Fabrics; glass, the Pottery Barn. Living room: Rug, Rosecore Carpet Co.; couch, lamp, brown chair, Luten Clarey Stern; cocktail table, Urban Bob'Kat; side table, green chair, Donghia Furniture; lithograph, OK Harris; Piero Fornasetti screen, Muriel Karasik Gallery; pillows and throw, Sweet Nellie. Details, page 144.



Designed by Marilyn D. Glass.

Among the newest innovations in flooring today are textured woven carpets. The ribbed area rug is the focal point of this up-to-date living room; doesn't the geometric pattern resemble a jazzy modern painting?



When Queen Victoria covered her bedroom floor, she probably used *real* animal skin, but you can have the same spectacular and exotic look with the new nylon animal-print carpets. We like a wild cheetah pattern.

Romance and old-world charm abound when floors are graced with ***flora and fauna***. We'll show you how to use these fanciful Victorian-era patterns the eighties way



Design consultant, Charles Riley. Photos, Grant Peterson



The delicate ceramic tile look-alike in the breakfast room above is actually a painted floor cloth. Most floral ceramic tiles are made just for walls. But if you love the look, this substitute is your best bet.

focus on FLOORS

How to make a simple oak floor look really special? Try our idea, above: We painted a delicate border of wildflowers along the perimeter of this dining room, using several different shades of wood stain. Great for any room—and if you're artistic, you can do it yourself! Another idea for flower lovers is a decorative, richly colored needlepoint rug (right)—an instant warm-up for a living room, a bedroom or a library.



Bedroom: Carpet, Horizon Industries; linens, Atelier Maitex; painting available through Charles Riley; wallpaper, Arthur Sanderson & Sons; drapery fabric, Cowtan & Tout. Dining room: Floor cloth, Leslie Horan; hand-painted wallpaper, Joanna Rock wallpapers. Hallway: Stained-wood panel, Oasis Studio; wallpaper, Clarence House; armchair; Evergreen Antiques. Library: Rug, Ernest Treganowan; chair fabric, Boussac of France; bookcase, Trevor Potts Antiques. Details, page 144.



Crepes Delices are filled with mascarpone, topped with blueberry sauce

In Fruit à la Crème, passion abounds! Grapes, kiwis and more are spiked with passionfruit liqueur

Summer Pudding is fresh and airy, made with blueberries, raspberries and currants

Fruitful ENDINGS

WHEN DESSERTS ARE AS LIGHT AND FANCIFUL AS THESE, THEY MAKE SWEET FINALES FOR SPECIAL SUMMER MEALS. RIGHT: STUFFED NECTARINES WITH AMARETTO CREAM AND RASPBERRIES. RECIPES BEGIN ON PAGE 125. BY JOANNE BORKOSKI





Blast bad breath

Now's the time to end bad breath for good! Although it has many sources, bad breath is usually caused by sinus problems or food particles trapped in teeth or mouth tissue. The best way to control mouth odor? Brush teeth twice a day with a soft-bristled toothbrush, and floss once a day. Avoid odor-makers such as onions, garlic, spices, sharp cheese, before a business meeting. (Look for the new disposable toothbrushes that come with a supply of toothpaste, and tote one to the office.) Best speedy bad-breath zappers? Munch on a sprig of parsley, or substitute mint tea for after-dinner coffee.

Make the rest of the summer the very best with fourteen top-notch ways to perk up your looks, improve your health and lift your spirits!

By Lois Joy Johnson, Beauty & Fashion Editor

Mid-summer beauty & health BOOSTERS



Get off your diet plateau

, you've been dieting faithful- all summer long, and the le has suddenly refused to dge? Don't despair! There are o common reasons for failing lose more weight when diet- . The first: You've been exer- ing all along, and although u've lost fat, you've gained scle mass. When you do aer- ics regularly and eat a health- diet, your body composition anges, and you may even gain few pounds because muscle ighs more than fat. However, cause muscle burns calories, imately you'll start losing ain. What's the best coping ategy? Never mind what the le says—just check out the y your clothes fit.

The second possibility for a teau occurs when you diet ithout exercising, which causes decrease in your metabolic te. As a result, the body will try preserve energy by burning wer calories, so it seems that e less you eat, the less you se. The solution? Eat three ealthful, low-cal meals a day r, if you're a snacker, six mini- eals), and exercise aerobically least three times a week. ou'll be a big loser in no time!

End bra bulge

Fight flab and start streamlining your back today with these firmers developed by Nancy E. Besser, M.A., program coordinator for East-side Sportsmedicine Center, New York City:

Body bends: *Sit on chair with feet firmly on floor, hands clasped behind head, elbows out. With back straight, stomach tucked in, lower upper body to thighs and return to starting position. Do ten times.*

Shoulder squeeze: *Stand straight, with arms out to sides, elbows bent, fingers pointing toward ceiling. Slowly press shoulder blades together. Do ten repetitions.*

Hair by Anthony DeMay for Glemby. Makeup by Robin Gaines. Left: hat, The College Shop; earrings, Good as Gold. Right: shorts and T-shirt, Mimi Loverde America, NYC; socks, Firenze at The Limited; scale, Health o meter

Tohru Nakamura

Mini-weights, maxi-workout

BOOSTERS

Wish your workout made you burn calories quicker, firm up faster? Then start exercising with mini-weights! They can be incorporated into any exercise program, be it aerobics, walking or tennis—even easy movements in front of the TV. These simple-to-use light weights are like a portable health club (at a cost of only $10 to $50 versus an average health club membership fee of $500). The best part? You should start to see results in three or four weeks. Look for stackable terry-covered bracelet-style weights (like the ankle weights below) that absorb perspiration and let skin breathe. Start with one-pounders. As you grow stranger, trade up to two-pound, then four-pound and up to ten-pound weights. Here, three instant figure fixers to try today:

Triceps toner: *Stand with feet shoulder width apart. Holding a one-pound weight in right hand, raise arm straight above head. Clasp upper right arm with left hand behind head and slowly lower weight toward left shoulder and raise it again. Repeat twenty times, then switch arms.*

Elbow to knee: *Wear one-pound weights on ankles. Stand straigbt, hands clasped behind head. Keeping rib cage facing front, lift right knee toward right elbow. Lower and repeat twenty times. Switch legs.*

Jog 'n' box: *Wear one-pound wrist weights. Jog in place with elbows at sides, fists in front of chest. Extend right arm straight out, bring back to starting position and extend left arm out (like a boxer punching air). Start at five minutes; work up to ten.*



Speed-up nail routine



Wish your nails would stay gorgeous and healthy without your having to spend a lot of time on them? Just follow our four quick tips for no-fuss fab nails:

- *Nourish nightly with a revitalizing product that strengthens nails and softens cuticles.*
- *Count on a nail-strengthening polish, which not only colors but builds up weak nails, too.*
- *Apply polish to clean, dry nails.*
- *Limit weekday polish ta beiges and shades of pale pink or peach—these will show fewer chips, go with your entire wardrobe and prevent your nails from yellowing.*
- *Avoid wearing artificial nails too often—they can promote peeling, block oxygen and trap moisture, causing natural nails to soften.*



urn lizard
gs silky

h minis on the rise, you'll revealing a lot more leg! e's how to show them off: eral times a week, exfoliate a loofah or gentle grain b after a warm shower; fol- with an aloe-enriched mois- er. Always moisturize legs r bathing and before slip- on hose. For instant glossy s, smooth on moisturizer or and wrap legs loosely in tic wrap. Leave on for at t a half hour before bed. ove wrap, moisturize again.



Beat the frizzies

Summer humidity can play havoc with your hair, but you can easily tame flyaway strands. New York hairstylist Gerard Bollei tells you how.

- *Always use a rich protein shampoo; wash hair no more than three times a week. Be sure to leave conditioner on for a full five minutes. Give dry hair a treat: Leave a bit of conditioner residue in hair when rinsing.*
- *Try a deep conditioner once a week—look for either a hair masque or a hot-oil treatment.*
- *Gels and mousses are key for calming the frizzies—use on damp hair, blow-dry, then apply more to crown and hairline.*
- *Best tools for out-of-control locks? A natural bristle brush, a vent brush, a wide-tooth comb.*

del, Melanie Kremser, Click. Left: leggings, Jacques Moret; sneakers, Reebok Int'l. Above right: shorts, shirts, Mimi erde America, NYC; sneakers, Keds; watch, Anne Klein, Sutton Time. Above: blouse, Julia Hill, Art and Textile Lab.



Check moles yourself

Be cancer conscious: Examine your entire body often for suspicious-looking moles. Potentially dangerous moles follow these A-B-C-D guidelines from the American Cancer Society: Asymmetry—one half doesn't match the other; Border irregularity—edges are ragged, notched or blurred; Color—pigment isn't uniform. Shades of tan, brown and black are present. Diameter—mole is greater than a quarter inch in diameter. If concerned, see your doctor.



Nourish your neck

When toning, moisturizing and exfoliating your face, never forget your neck. Even if your face masks your age, your neck never lies! So treat your neck as if it were delicate facial skin; try our neck-beautifying ideas:

- *Exfoliate at least once a week; use a very gentle exfoliating product, not a scrub or loofah—both are too harsh.*
- *Moisturize neck A.M. and P.M. Gently massage cream into neck with an upward stroking motion; don't pull on skin.*
- *Use a gentle, nonalcoholic toner once a day.*
- *Protect neck outside with a sunscreen of at least 15 SPF.*

OOSTERS



Banish over-thirty acne

es your skin still behave like teenager's? Adult acne is a mmon problem that affects en women who never had enoge breakouts. According to bert Kligman, M.D., professor dermatology at the University Pennsylvania School of Medie, women today use too ny different products on their es every day. Often the comnation can cause harmful reacns. His advice? Reduce the mber of products you use and at skin to a gentle soap. For ld acne, over-the-counter oducts that contain benzoyl roxide work well—they can ntrol about 80 percent of mild ne cases. More serious acne quires a visit to a dermatolo-st, who may prescribe antibics or the acne fighter called tin-A. It is very effective for clogging pores and ridding in of blockheads and whiteads. Retin-A also seems to prove, even reverse, some in aging by charging up the dy's own collagen production.

Realign your spine

Your mother was always reminding you to stand up straight, right? Well, whether you knew it or not, she was giving terrific advice. Not only does good posture improve your appearance, it can guard against poin and fatigue and make you look younger and thinner! We asked Jerry Dickey, D.O., choirmon of the department of osteopathic monipulative medicine at Kirksville College of Osteopathic Medicine, in Kirksville, Missouri, about the most common posture-busters and how to avoid them. Here, a quick four-step body check for you:

- *Always keep your neck straight—pretend there's a string pulling the top of your skull up.*
- *Tilt top of pelvis backward while keeping rib coge centered directly over pelvis.*
- *Keep legs relaxed—never lock knees.*
- *When sitting, perch yourself directly over buttock bones with shoulders and buttocks against the back of chair; lower back slightly away from chair and keep feet flat on floor.*

What's the best guord against p... pas... Regulor exercise. A well-toned ... with ... muscles keeps bones in th... positions.

Top left: hairband, l... , leotard, D... ; bottom left: robe, Descamps; hair tie, Scrunc... ; Sarysnnikov Bodywear. ...model top left: Mojen... ...ner of Click.

BOOSTERS



A.M. beauty blitz

How to make up in ten minutes flat and rescue your face from the morning uglies:

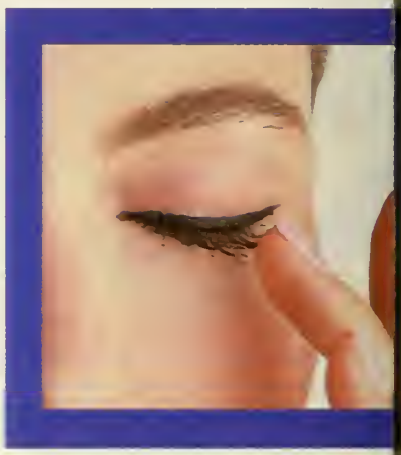
- *Rehydrate pasty, gray, fatigued skin with a moisturizing facial masque, plus all-day-long glasses of water and spritzes of mineral water.*
- *Skip allover foundation—too much coverage will make you look a lot more tired. Instead, apply foundation with a wet sponge, only where you really need it (inner eyes, nose). Or just substitute a tinted moisturizer for a dewy, fresh, healthy look.*
- *Use cream or liquid cheek color for a glow that simulates a natural blush, or whisk on pale tinted powder all over. Stick to low-wattage warm pinks and corals.*
- *Cut back on eye makeup: When you're tired, eye makeup accentuates redness and fine lines. Use concealer on dark areas only. Smudge a halo of violet pencil liner close to base of lashes to suggest a clear-eyed, alert look. Curl and coat upper lashes with purple or brown mascara. Camouflage red or swollen lids with a matte violet shadow blended over a medium brown.*
- *Give lips a dose of rosy pink gloss.*



Tohru Nakamura

Flirt with eyeliner

Eyeliner is back in style and is easier and more fun to use than ever! The newest liners glide on like felt-tip pens so you can create a precise line of color for larger, more eye-catching eyes. Because liquid liners are 50 percent water, they aren't as waxy as pencils and go on smoother—making lining a snap if you're all thumbs. Tip: To steady your hand, rest heel of hand on chin. To maximize a small eye: Start lining at beginning of iris and widen stroke as you extend toward outer corner. Don't line lower lid—eye will look smaller and dated. For balance, tone down makeup on rest of face. Go for a light dusting of pinkish blush and pale, muted lips.



How to fight body bloat

Must-know info on foods to avoid, other ways to combat puffiness

Do you often feel puffy, sluggish? Do you have trouble fitting into your clothes? According to Jonathan Scher, M.D., assistant professor of obstetrics and gynecology at Mount Sinai Medical Center, in New York City, the problem could be body bloat. Fluid retention is caused by progesterone released during the second half of the menstrual cycle, and this combined with summer heat can exaggerate puffiness. Certain foods can aggravate bloat as well. Below, our antibloat guide—foods to avoid, foods to eat more of; plus how to relieve puffy feet, breasts and abdomen:

- *To decrease swelling, avoid the following for the week before and during menstruation: caffeine (including coffee, tea, chocolate, cola drinks, appetite suppressants), strong spices, alcohol, smoking, salt (including potato chips, herring, pickles, sauerkraut, carbonated soft drinks).*
- *Some experts believe vitamin B_6 can reduce bloat. Increase your intake of bananas, peanuts, pasta. For severe cases of bloating, diuretics may be prescribed. However, taken in excess, diuretics can cause potentially life-threatening losses of magnesium and potassium—so be sure to use them only under the guidance of a qualified physician.*
- *Swollen feet are further aggravated by standing for long periods of time and by wearing high heels. If sitting, don't cross legs. Take a five-minute walking break every hour. Invest in a pair of elastic socks or support hose for extra lift.*
- *For the relief and comfort of swollen breasts, try wearing your sports/jogging bra or an extra-support underwire bra made of a Lycra blend with large, non-stretch, widely spaced straps.*
- *Abdominal swelling is caused by menstruation as well as minor gastrointestinal upsets. (The increase of the hormones estrogen and progesterone during menstruation causes both the bowel and the tissue of the abdominal wall to retain fluid.) What helps? Drinking plenty of water (especially if you have a fiber-rich diet); avoiding artificial sugars, which aren't readily broken down by the digestive system; and exercising regularly (helps stimulate bowel movement). You may find relief by applying a heating pad to the affected area.*

WE JUST TOOK A FRESH CUT AT PINEAPPLE JUICE.

Wake up to our light, clear, taste of morning. A new taste. The taste of fresh-cut pineapple. Dole® Pineapple Juices are here. Pouring 100% pure and unsweetened. With a full day's supply of Vitamin C.

Try Pineapple, Pineapple-Orange, and Pineapple-Grapefruit Juice. All three are ready to enjoy straight from the carton or from frozen concentrate.

Catch a glassful and see why morning will never taste the same.



THAT'S THE NATURE OF Dole®

Dole Packaged Foods Co., 1987

25 SIDE DISHES

continued from page 91

SWEET CORN SUCCOTASH

pictured on page 90

Prep time: 15 minutes
Cooking time: 30 minutes

- 2 slices bacon, diced
- ½ cup chopped onion
- ¼ cup chicken broth
- 2½ cups whole-kernel corn (about 5 ears)
- 1 package (10 oz.) frozen lima beans
- 1 cup chopped tomatoes
- ¼ cup heavy or whipping cream
- ½ teaspoon salt
- ⅛ teaspoon ground red pepper

In large saucepan cook bacon over medium-high heat until crisp; drain on paper towels. To drippings in pan add onion and saute until translucent, about 5 minutes. Add chicken broth, corn and lima beans. Reduce heat to medium; cover and cook, stirring occasionally, 10 minutes. Stir in tomatoes, cream, salt and red pepper; cook covered 10 minutes more, stirring once. Just before serving, add bacon. Makes 4 servings, 255 calories each.

FRESH CORN PUDDING

Prep time: 15 minutes
Baking time: 45 minutes plus standing

- 2 cups whole-kernel corn (about 4 ears)
- 2 eggs, lightly beaten
- 1 cup milk
- ½ cup heavy or whipping cream
- 1 tablespoon butter, melted
- ¾ teaspoon salt
- ½ teaspoon freshly ground pepper
- Pinch ground red pepper
- ¼ cup snipped chives

Preheat oven to 350°F. Grease a shallow 1-quart baking dish.

In large bowl combine corn, eggs, milk, cream, butter, salt and peppers. Stir in chives. Pour into prepared baking dish. Place dish in a larger baking pan. Pour hot water into baking pan halfway up sides of dish. Bake 45 minutes or until center is almost firm. Let stand 10 minutes before serving. Makes 6 servings, 165 calories each.

ARKANSAS DOWN-HOME FRIED CORN

Prep time: 10 minutes
Cooking time: 5 to 7 minutes

- 1 tablespoon bacon drippings or butter
- 4 cups whole-kernel corn (6 to 7 ears)
- 4 teaspoons sugar
- 1 teaspoon salt
- ¼ cup water

In large skillet heat bacon drippings or butter over medium heat. Add corn, sugar, salt and water; saute 5 to 7 minutes. Serve hot. Makes 8 servings, 100 calories per serving.

CAJUN BUTTER FOR CORN ON THE COB

Total prep time: 5 minutes

- ½ cup butter or margarine, softened
- ¾ teaspoon freshly ground pepper
- ½ teaspoon salt
- ¼ teaspoon ground red pepper
- ¼ teaspoon paprika
- ¼ teaspoon thyme

In small bowl combine all ingredients. Serve on corn on the cob. Makes ½ cup, 100 calories per tablespoon.

CONFETTI CORN SALAD

Prep time: 20 minutes
Cooking time: 2 minutes plus chilling

Dressing

- 3 tablespoons olive oil
- 2 tablespoons lemon juice
- 1 teaspoon salt
- ½ teaspoon freshly ground pepper

- 1 cup water
- 2 cups whole-kernel corn (3 to 4 ears)
- ½ cup diced radishes
- ¼ cup sliced green onions

Dressing: In serving bowl whisk all ingredients.

In small saucepan bring the water to a boil. Add corn; return to boiling and cook 2 minutes. Drain and toss with dressing. Stir in radishes and green onions. Refrigerate 30 minutes. Makes 4 servings, 170 calories each.

CAJUN TRICOLOR PEPPERS

pictured on page 90

Total prep time: 30 minutes

Dressing

- ¼ cup olive oil
- 2 tablespoons red wine vinegar
- 2 teaspoons chopped fresh basil
- 1 teaspoon minced garlic
- 1 teaspoon Dijon mustard
- 1 teaspoon prepared horseradish
- ½ teaspoon oregano
- ¼ teaspoon thyme
- ¼ teaspoon salt
- ¼ teaspoon white pepper
- ¼ teaspoon freshly ground pepper
- ⅛ teaspoon ground red pepper

- 1 green pepper, 1 yellow pepper, 1 red pepper, each sliced into ¼-inch-thick rings
- 1 cucumber, peeled, seeded and sliced thin
- 1 green onion, sliced
- 2 tomatoes, seeded and diced

Dressing: In blender combine all ingredients; blend.

Layer peppers and cucumber on dishes. Sprinkle with green onio Spoon tomato over each. Drizzle wi dressing. Makes 4 servings, 170 cal ries each.

PEPPER KABOBS

Prep time: 30 minutes
Cooking time: 12 minutes

- ¾ cup olive oil
- 1 teaspoon salt
- ½ teaspoon tarragon
- ½ teaspoon freshly ground pepper
- 1 large Spanish onion, cut into 1½-inch wedges
- 1 red pepper, seeded and cut into 12 pieces
- 2 medium yellow squash, each cut into 6 pieces
- 12 medium mushrooms
- 1 green pepper, seeded and cut into 12 pieces

In cup combine oil, salt, tarragon a pepper; set aside.

Prepare grill or preheat broile Thread vegetables alternately skewers, beginning and ending wi onion. Place kabobs in a shallow dis Pour on marinade, turning to co Broil or grill 6 minutes per sid Makes 6 kabobs, 275 calories each.

ROASTED RED PEPPERS WITH BALSAMIC VINEGAR

Prep time: 20 minutes
Cooking time: 20 minutes

- 4 red peppers, seeded and halved
- 2 medium onions, sliced
- ¼ cup olive oil
- 3 tablespoons balsamic vinegar
- 1 teaspoon minced garlic
- ¾ teaspoon salt
- ½ teaspoon freshly ground pepper
- ¼ teaspoon thyme
- 1 cup unflavored croutons

To roast peppers: Preheat broil Place peppers on a broiler pan sk side up. Broil close to heat source un charred, about 10 minutes. Cover a cool slightly; peel off skin. Cut i strips.

Meanwhile, spread onions on broi pan. Broil, stirring occasionally, un lightly charred, about 5 minutes. medium bowl combine remaining gredients except croutons. Add pepp and onions; toss. Just before servi sprinkle with croutons. Makes 8 se ings, 110 calories each.

PETER PIPER PICKLED PEPPERS

Prep time: 15 minutes plus cooling

- 2 red peppers, cut in large pieces

(continu

Making the most of your summer vacation.

"Where could we go this vacation? Right ut to our deck! But first we had to build it! o we began hauling, sawing, hammer- ng. By day three the deck was half done nd we were done in. That's when we alled a halt to our work and I whipped p some JELL-O® Gelatin All Decked Out orbets. They were just what we needed. n fact, you might say they hit the nail on ne head."



This is fun?

Now this is more like it.



JELL-O® GELATIN ALL DECKED OUT SORBET

1 pkg. (4-serving size) JELL-O® Brand Strawberry Flavor Gelatin*
¾ c. boiling water
1½ c. mashed or pureed fresh strawberries*
¾ c. light corn syrup
2 egg whites, unbeaten

*Or use peach flavor gelatin and pitted peeled peaches.

1. Dissolve gelatin in boiling water; stir in fruit, corn syrup and egg whites; pour into 13x9-inch pan. Freeze until partially frozen, about 2 hours. **2.** Spoon into food processor or blender (blending half of mixture at a time) and process until smooth but not melted, about 30 seconds. **3.** Pour into 1½-quart container. Cover and freeze until firm, about 6 hours or overnight. Makes 8 servings.



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- 2 green peppers, cut in large pieces
- 1 sweet onion, cut in large pieces
- ¾ cup cider vinegar
- ¼ cup water
- ¾ cup sugar
- 1 teaspoon pickling spice
- ½ teaspoon celery seed

Spread peppers and onions in a shallow glass dish. In saucepan combine remaining ingredients. Bring to a boil; boil 1 minute. Pour over vegetables. Let stand, stirring occasionally, until cool, at least 1 hour. Makes 10 servings, 190 calories each.

RED PEPPERS AND GREEN BEANS ORIENTAL

Prep time: 25 minutes
Cooking time: 4 minutes

- 3 tablespoons distilled vinegar
- 3 tablespoons salad oil
- 1 tablespoon Oriental sesame oil
- ¾ teaspoon salt
- ¼ teaspoon crushed red pepper
- 1 pound green beans, trimmed
- 2 red peppers, julienned
- ½ cup sliced green onions

In large bowl whisk vinegar, oils, salt and pepper; set aside. In large saucepot bring 3 quarts salted water to a boil. Add green beans and cook 4 minutes, until tender-crisp. Drain. Plunge into ice water; drain. Pat dry with paper towels. Add beans, peppers and onions to bowl; toss to coat. Makes 6 servings, 120 calories each.

CROWD-PLEASING SQUASH

pictured on page 91

Prep time: 25 minutes plus chilling

- ½ cup olive oil
- ¼ cup minced shallots
- 3 tablespoons red wine vinegar
- ½ teaspoon sugar
- ½ teaspoon salt
- ½ teaspoon freshly ground pepper
- 1 pound small zucchini, cut diagonally into ¼-inch slices
- 8 ounces mushrooms, quartered
- 1 large red pepper, cut into ¾-inch pieces
- ¼ cup chopped parsley

In serving bowl whisk first 6 ingredients. Add remaining ingredients; toss to coat. Cover; refrigerate until cold. Makes 6 servings, 195 calories each.

SHREDDED ZUCCHINI AND YELLOW SQUASH

Prep time: 5 minutes
Cooking time: 5 minutes

- 1 pound zucchini
- 1 pound yellow summer squash
- 2 tablespoons butter or margarine
- 1 teaspoon salt
- ½ teaspoon freshly ground pepper
- 1 tablespoon snipped chives

Quarter zucchini and yellow squash lengthwise; scoop out seeds. Shred on coarse side of grater or in food processor. In large skillet melt butter or margarine over medium-high heat. Add squash, salt and pepper. Cook, stirring, 5 minutes. Stir in chives. Serve. Makes 4 servings, 90 calories each.

MOM'S GRILLED ZUCCHINI

Prep time: 15 minutes
Cooking time: 5 minutes

- 1 pound zucchini, sliced ¼ inch thick
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon grated Parmesan cheese
- Salt and freshly ground pepper
- ½ teaspoon oregano
- ¼ pound shredded mozzarella cheese

Prepare grill or preheat broiler. Brush zucchini with olive oil. Sprinkle with Parmesan, salt, pepper and oregano. Top with mozzarella. Grill or broil about 5 minutes. Makes 6 servings, 105 calories each.

GRILLED ZUCCHINI WITH MINT

Prep time: 15 minutes plus standing

- 3 pounds zucchini, preferably small
- 1 tablespoon salt
- 5 tablespoons olive oil, divided
- 3 tablespoons red wine vinegar
- 3 tablespoons chopped mint
- 1 tablespoon minced garlic
- ½ teaspoon freshly ground pepper

Halve zucchini lengthwise. Sprinkle with salt. Drain in colander or let stand on paper towels for 30 minutes.

Prepare grill or preheat broiler. Pat zucchini dry with paper towels. Brush lightly with 2 tablespoons olive oil. Grill 5 minutes per side. Transfer to a platter and immediately toss with vinegar, remaining 3 tablespoons oil, mint, garlic and pepper. Serve at room temperature. Makes 8 servings, 110 calories each.

ZUCCHINI STIR-FRY WITH SAGE

Prep time: 5 minutes
Cooking time: 3 minutes

- 2 tablespoons extra-virgin olive oil
- 1 pound zucchini, halved lengthwise and sliced
- 1 teaspoon minced garlic
- ¼ teaspoon sage
- ¼ teaspoon salt
- ⅛ teaspoon pepper

In large heavy skillet heat oil over m dium-high heat. Add remaining ingr dients and stir-fry about 3 minute Makes 4 servings, 80 calories each.

TOMATO, BASIL AND MOZZARELLA SALAD

pictured on page 91

Total prep time: 10 minutes

Dressing

- 3 tablespoons olive oil
- 1 tablespoon red wine vinegar
- ½ teaspoon salt
- ½ teaspoon freshly ground peppe

- 1¼ pounds tomatoes, sliced
- 4 ounces mozzarella cheese, dice
- ¼ cup julienned fresh basil

Dressing: In bowl whisk all ingredient

Arrange tomatoes on a serving pla ter. Sprinkle with mozzarella and b sil. Drizzle with dressing. Makes servings, 225 calories each.

HERB BAKED TOMATOES

Prep time: 5 minutes
Baking time: 15 minutes

- 3 large tomatoes, halved
- 3 tablespoons unflavored bread crumbs
- 1 tablespoon chopped parsley
- 1 tablespoon olive oil
- 1 teaspoon minced garlic
- ½ teaspoon chopped fresh thyme
- ¼ teaspoon salt
- ½ teaspoon freshly ground pepper

Preheat oven to 400°F. Lightly oil baking pan. Place tomatoes in pan c side up. In small bowl combine r maining ingredients; spread on tom toes. Bake 15 minutes. Makes 6 ser ings, 60 calories each.

FRIED TOMATOES

Prep time: 10 minutes
Cooking time: 10 minutes

- 2 large tomatoes, each cut into 4 thick slices
- Salt and freshly ground pepper
- ¼ cup cornstarch
- 3 tablespoons salad oil

Season tomatoes with salt and pepp then coat with cornstarch. In lar heavy skillet heat oil over mediu high heat. Add tomatoes and cook u til golden, about 5 minutes per si Makes 4 servings, 160 calories each

PASTA WITH TOMATOES AND BASIL

Prep time: 10 minutes
Cooking time: 10 to 12 minutes

- 8 ounces penne or ziti
- 2 cups diced tomatoes
- ¼ cup olive oil
- 1 tablespoon chopped fresh basil

(continue

Original Ranch™ with Bacon.

nd a Hot New Way to Use It.

l the goodness of our Original Ranch dressing, plus
al wood-smoked bacon. That makes a mighty
ty combination. So now you can make all kinds of
od things, like this creamy Hot Potato Salad.

HIDDEN VALLEY HOT POTATO SALAD

Serves 4-6

2 lbs. small red new potatoes, cooked
½ cup sliced green onions
1 cup prepared Hidden Valley Ranch® Original Ranch with Bacon Salad Dressing
Paprika or Black Pepper
Chives

hile still warm, cut potatoes into 1-inch cubes.
ently toss together potatoes, onions and salad
essing. Dust with paprika or pepper. Garnish
th fresh chives. Serve warm or at room
nperature.





A.1.® makes kabobs even kickier.

A.1.® Sweet and Sour Kabobs

1 pound lean ground beef
3/4 cup A.1. Steak Sauce
1/2 cup plain bread crumbs
1 egg, beaten
1 (8-oz.) can pineapple chunks in its own juice, undrained
1 medium green pepper, cut in squares
6 cherry tomatoes, halved
6 fresh mushrooms, halved
Hot cooked rice

Mix ground beef, 1/4 cup steak sauce, bread crumbs and egg; shape into 24 meatballs. Drain pineapple, reserving juice. Mix remaining steak sauce with reserved juice. Set aside.

Thread meatballs, pineapple, green pepper, cherry tomatoes and mushrooms on 6 skewers. Grill or broil kabobs 4 to 6 inches from heat source for 10 to 15 minutes or until done, turning and brushing with steak sauce mixture frequently. Serve with rice. Makes 6 servings.

A.1. makes hamburgers taste like steakburgers.®
(Imagine what it can do for all your beef recipes.)

NABISCO BRANDS

■ 25 SIDE DISHES
continued

2 teaspoons minced garlic
1 teaspoon salt
½ teaspoon freshly ground pepper

Cook pasta according to package directions. Meanwhile, in large bowl combine tomatoes, oil, basil, garlic, salt and pepper. Add pasta to bowl with tomatoes and toss. Serve immediately. Makes 6 servings, 240 calories each.

TOMATOES STUFFED WITH ORZO

Prep time: 10 minutes
Cooking time: 10 minutes

½ cup orzo (rice-shaped pasta)
½ cup crumbled feta cheese
¼ cup diced celery
1 tablespoon chopped fresh dill
1 tablespoon olive oil
1 teaspoon lemon juice
½ teaspoon salt
¼ teaspoon freshly ground pepper
4 large tomatoes

Cook orzo according to package directions; drain. Rinse under cold water and drain well. In medium bowl combine orzo and remaining ingredients except tomatoes. Toss well. Cut tops from tomatoes; scoop out seeds and pulp (or see our tomato tip, page 62). Fill equally with orzo mixture. Mak 4 servings, 210 calories each.

PASTA WITH GRILLED EGGPLANT

pictured on page 91

Prep time: 25 minutes
Cooking time: 10 minutes

Dressing

½ cup chopped parsley
7 tablespoons olive oil
¼ cup red wine vinegar
2 anchovy fillets
2 teaspoons capers, drained
1 teaspoon minced garlic
1 teaspoon Worcestershire sauc
¼ teaspoon salt

4 ounces bowtie pasta, cooked according to package directions, drained and rinse
1½ pounds eggplant, peeled and c into ½ inch thick rounds
4 tomatoes, seeded and cut into small wedges
¼ cup niçoise olives, pitted

Dressing: In blender combine all ing dients; blend until smooth.

Prepare grill or preheat broil Grill or broil eggplant slices abou minutes per side. Cut into wedges.

In large bowl combine pasta, e plant, tomatoes and olives with dre ing; toss. Serve at room temperatu Makes 8 servings, 205 calories each

EGGPLANT CAPONATA

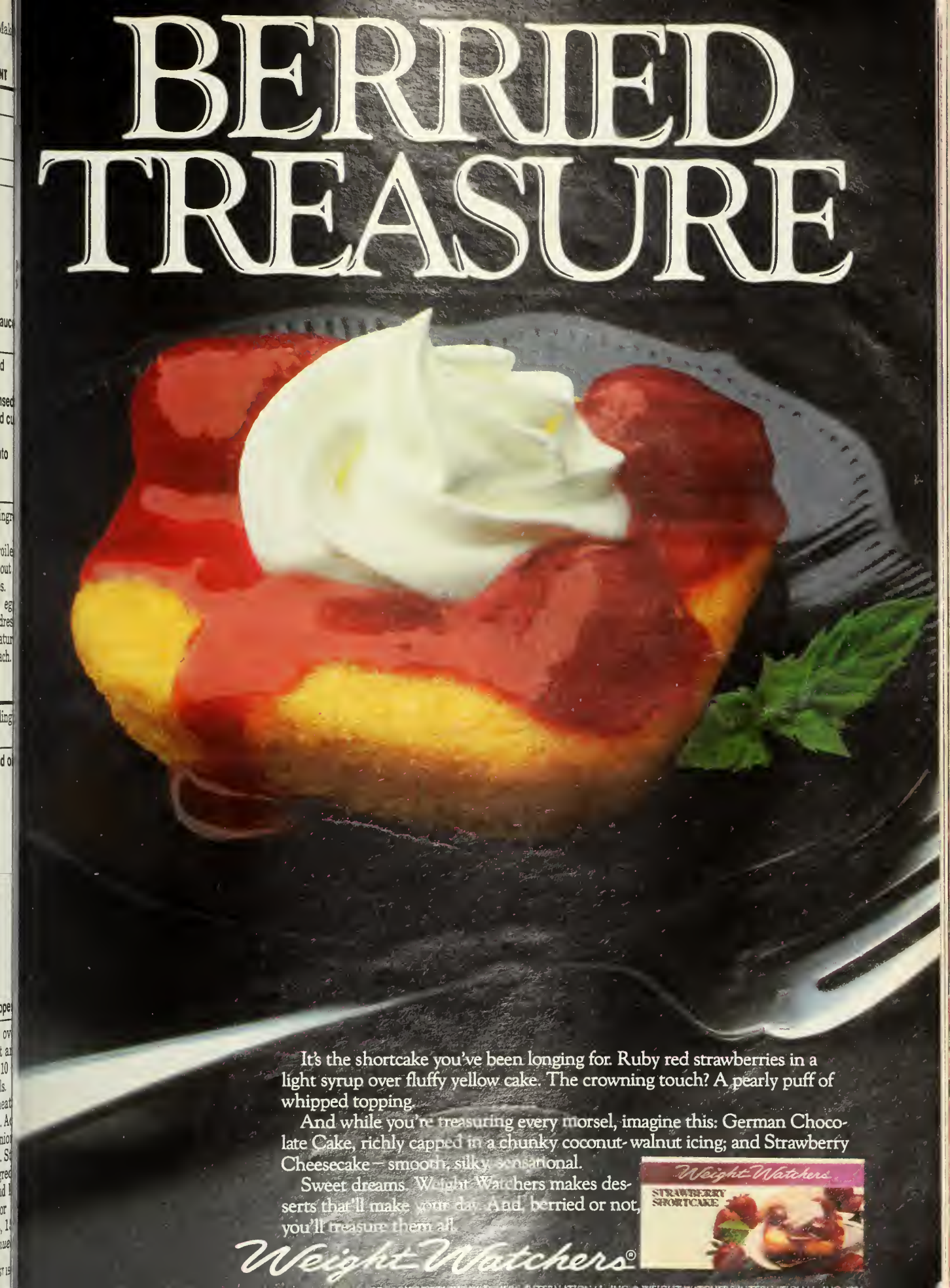
Prep time: 20 minutes plus standin
Cooking time: 12 minutes

⅓ cup plus 2 tablespoons salad o
1 pound eggplant, cut into chunks
1 cup chopped onions
¾ cup chopped celery
1½ cups seeded and chopped tomatoes
¼ cup salad olives, chopped
2 tablespoons drained capers
1 tablespoon chopped fresh basil
2 teaspoons red wine vinegar
1 teaspoon sugar
½ teaspoon salt
¼ teaspoon freshly ground pepp

In large skillet heat ⅓ cup oil o medium-high heat. Add eggplant a saute until tender and browned, 10 12 minutes. Drain on paper towels.

Meanwhile, in another skillet hea tablespoons oil over medium heat. A onions and celery; saute until oni are translucent, about 5 minutes. S in eggplant and remaining ingre ents. Remove from heat; cover and stand 10 minutes. Serve warm or room temperature. Makes 4 cups, calories per ½ cup. *(continu*

BERRIED TREASURE



It's the shortcake you've been longing for. Ruby red strawberries in a light syrup over fluffy yellow cake. The crowning touch? A pearly puff of whipped topping.

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ISLAND BARBECUE

continued from page 120

Pink Palaces
Blue Hawaiis
Hawaiian Sesame Shrimp
Korean Barbecued Meatballs
Coconut Chips
Kalbi Ribs
Pineapple Grilled Chicken
Papaya-Rice Salad with Ginger Dressing
Kim Chee Salad
Somen Noodle Salad
Coconut Cake

Serves 8 to 10

PINK PALACES

pictured on page 97

Prep time: 10 minutes

- 2½ cups pineapple juice
- ¾ cup cream of coconut
- ⅔ cup half and half cream
- ⅔ cup orange liqueur
- ⅓ cup lemon juice
- 1 teaspoon grenadine syrup
- 5 cups crushed ice
- Pineapple spears and cherries, for garnish

In blender combine first 6 ingredients; blend well. For each serving, pour 1 cup mixture into a large glass half filled with ice. Garnish with pineapple and cherry. Makes 5 servings, 300 calories each.

BLUE HAWAIIS

Prep time: 5 minutes plus chilling

- 3 cups pineapple juice
- 1 cup blue curacao liqueur
- ⅔ cup vodka
- 3 tablespoons orgeat (almond-flavored) syrup
- 5 cups crushed ice
- Pineapple spears, for garnish

In large pitcher combine pineapple juice, curaçao, vodka and orgeat syrup; refrigerate until cold. For each serving, pour ½ cup mixture into a stemmed glass filled with ice. Garnish with pineapple. Makes 10 servings, 170 calories each.

HAWAIIAN SESAME SHRIMP

pictured on page 96

Prep time: 15 minutes
Cooking time: 2 to 3 minutes

- 3 tablespoons salad oil
- 1½ tablespoons Oriental sesame oil
- 1½ pounds medium shrimp, shelled and deveined
- ¾ cup chopped green onions
- 1½ teaspoons brown sugar
- ¾ teaspoon salt
- ½ teaspoon freshly ground pepper
- 1½ tablespoons soy sauce
- 1½ tablespoons sesame seed, toasted

In large skillet heat oils over high heat. Add shrimp, green onions, sugar, salt and pepper. Cook, stirring, 2 to 3 minutes, until shrimp turn pink. Reduce heat to low; add soy sauce and stir. Sprinkle with sesame seed. Ser hot. Makes 8 to 10 servings, 150 cal ries per 8, 120 calories per 10.

KOREAN BARBECUED MEATBALLS

pictured on page 96

Prep time: 30 minutes plus chilling
Cooking time: 10 to 12 minutes

- 1 pound lean ground beef
- ⅓ cup minced green onions
- ¼ cup chopped onion
- 3 tablespoons soy sauce
- 2 tablespoons sesame seed, toasted
- 1 tablespoon sugar
- 1 tablespoon salad oil
- Pineapple and papaya chunks and green onion brushes, for garnish

In bowl combine all ingredients exce garnishes. Shape into 1-inch bal Cover and refrigerate 1 hour.

Soak 20 wooden skewers in water minutes. Thread 2 meatballs on eac Broil or grill 5 to 6 minutes per sic Garnish with fruit chunks and oni brushes. Makes 20 appetizers, 60 ca ries each without garnishes.

COCONUT CHIPS

Prep time: 40 minutes
Baking time: 20 to 30 minutes

- 1 fresh coconut, shelled and peeled (see note)
- ½ teaspoon salt

Preheat oven to 325°F. With a vege ble peeler, slice coconut. *(continue*

25 SIDE DISHES

continued

FRIED CURRIED EGGPLANT

Prep time: 10 minutes
Cooking time: 10 minutes

- 4 baby eggplants with stems
- Salt
- 2 tablespoons curry powder
- ½ cup plus 1 tablespoon all-purpose flour
- 1 egg yolk
- ⅔ cup ice water
- 1½ cups salad oil

Cut eggplants lengthwise into ¼-inch slices, leaving slices attached at stem end. Press down on the stem to fan out slices. Sprinkle with salt.

In plastic bag combine curry with 1 tablespoon flour. Add eggplants one at a time; shake to coat. In small bowl whisk ½ cup flour, the egg yolk and ⅓ cup ice water until smooth. Add remaining ice water and whisk again. In large skillet heat oil over medium heat until very hot. Dip eggplant in the batter. Place each piece in the hot oil, pressing to fan out; cook about 5 minutes per side, until browned and crisp. Makes 4 servings, 240 calories each.

RUSSIAN EGGPLANT CAVIAR

Prep time: 20 minutes
Baking time: 20 minutes

- 1½ pounds eggplant
- ½ small onion
- 1 small tomato, seeded and chopped
- 2 tablespoons chopped ripe olives
- 4 teaspoons lemon juice
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon chopped parsley
- 1 teaspoon minced garlic
- ½ teaspoon salt
- ¼ teaspoon freshly ground pepper
- Pinch sugar

Preheat oven to 400°F. Halve eggplant lengthwise. Place eggplant and onion cut sides down on a baking sheet. Bake about 20 minutes or until eggplant is soft. When cool enough to handle, peel eggplant and cut into ½-inch chunks. Chop onion fine. Add both to bowl with remaining ingredients; toss. Serve warm or chilled. Makes 4 servings, calories each.

EGGPLANT WITH PESTO

Prep time: 15 minutes
Cooking time: 10 minutes

Pesto

- ½ cup chopped basil leaves
- 1½ teaspoons lemon juice
- 1½ teaspoons olive oil
- ½ teaspoon salt
- ¼ teaspoon minced garlic
- ¼ teaspoon freshly ground pepper

- ⅓ cup salad oil
- 1½ pounds eggplant, peeled and cubed

Pesto: In large bowl combine all ing dients; stir.

In large skillet heat oil over me um-high heat. Add eggplant and sau until tender, about 10 minutes. A eggplant to bowl with pesto; toss. Mal 2 cups, 220 calories per ½ cup.

Recipes developed by Beverly Stephe Kathy Jackette and Lisa Brainerd.



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ISLAND BARBECUE
continued

Spread in a layer in 2 shallow baking pans. Sprinkle with salt. Toast in oven, stirring occasionally, 20 to 30 minutes, until light brown. Cool. Makes 5 cups, 65 calories per ¼ cup.

Note: *To shell coconut:* Preheat oven to 375°F. Drive a nail into coconut's three "eyes." Invert over a bowl or cup to let liquid drain out. Reserve liquid for another use. Bake coconut 15 minutes. Wrap in a towel to prevent pieces from scattering, and hit hard with a hammer along "equator" of the coconut. (Shell should split readily so meat can be removed easily.) Peel thin brown skin from coconut meat.

KALBI RIBS

pictured on page 97

Prep time: 10 minutes plus marinating
Cooking time: 55 minutes

- ¾ cup soy sauce
- ¾ cup water
- ¾ cup sugar
- 1 piece (3 inch) fresh ginger, peeled and sliced
- 1 tablespoon Oriental sesame oil
- 1 teaspoon minced garlic
- 2 racks pork spareribs (about 2½ lbs. each)

In 2-cup glass measure combine all ingredients except spareribs. Place 1 rack of ribs in each of 2 shallow glass baking dishes. Pour on marinade; turn ribs to coat. Cover and refrigerate overnight, turning once.

Preheat oven to 400°F. Transfer ribs to 2 roasting pans. Reserve marinade. Bake 45 minutes, turning once.

Preheat broiler or prepare grill. Broil or grill ribs 5 minutes per side, basting once per side with reserved marinade. Makes 8 to 10 servings, 610 calories per 8, 490 calories per 10.

PINEAPPLE GRILLED CHICKEN

pictured on page 97

Prep time: 20 minutes
Cooking time: 35 to 40 minutes

Pineapple Sauce

- 1 can (20 oz.) crushed pineapple in own juice
- 2 tablespoons cornstarch
- ¾ cup orange juice
- 6 tablespoons white wine vinegar
- ⅓ cup soy sauce
- ¼ cup honey
- 3 tablespoons grated onion
- 2 teaspoons grated orange peel
- ½ teaspoon red pepper flakes

- 2 chickens (2½ lbs. each), cut up
- Salt and freshly ground pepper

Pineapple Sauce: Drain juice from pineapple into a medium saucepan; reserve fruit. Stir cornstarch into juice until smooth. Add orange juice, vinegar, soy sauce, honey, onion, orange peel and red pepper flakes; stir. Bring to a boil over high heat, stirring constantly; simmer 1 minute. Blend in reserved pineapple and simmer 5 minutes more. Remove from heat. Makes 3 cups, 60 calories per ¼ cup.

Prepare grill or preheat broiler. Lightly season both sides of chicken with salt and pepper. Grill or broil chicken 30 minutes, turning once halfway through. Baste with Pineapple Sauce. Grill or broil 3 to 5 minutes more per side, until golden brown. Serve with additional sauce. Makes 8 servings, 480 calories each.

PAPAYA-RICE SALAD WITH GINGER DRESSING

pictured on page 97

Total prep time: 20 minutes plus chilling

Ginger Dressing

- 1 piece (1 inch) fresh ginger, peeled and quartered
- 6 tablespoons salad oil
- ¼ cup parsley sprigs
- 2 tablespoons cider vinegar
- 1 tablespoon honey
- 1½ teaspoons Dijon mustard
- ¾ teaspoon salt
- ¼ teaspoon pepper
- ½ teaspoon minced garlic

- 2 cups long-grain rice, cooked and cooled
- 1 papaya, cut into ¾-inch cubes
- 2 green onions, sliced thin

Dressing: Mince ginger in blender. Add remaining ingredients except garlic and blend well. Stir in garlic.

Toss rice with papaya, green onions and dressing. Refrigerate up to 4 hours or serve at room temperature. Makes 8 servings, 230 calories each.

KIM CHEE SALAD

pictured on page 96

Prep time: 30 minutes plus marinating

- 1 head green cabbage (3½ lbs.), cut into 1-inch pieces
- ¼ cup coarse salt
- ½ cup cider vinegar
- 5 teaspoons minced garlic
- 1 tablespoon salad oil
- 2 teaspoons Oriental sesame oil
- 1 tablespoon sugar
- 1½ teaspoons crushed red pepper
- 1 small carrot, julienned
- 4 green onions, sliced
- Carrot flowers, for garnish

In large bowl sprinkle cabbage with salt and toss. Let stand 20 minutes. Rinse and drain in a salad spinner.

Meanwhile, in large bowl combine vinegar, garlic, oils, sugar and pepper. Stir in cabbage, carrots and green onions; toss well. Refrigerate at least 24 hours or up to 2 days, tossing 2 or 3 times to blend flavors. Garnish with carrot flowers if desired. Makes 12 cups, 65 calories per cup.

SOMEN NOODLE SALAD

pictured on page 97

Prep time: 30 minutes

- 1 package (16 oz.) somen noodles* or thin spaghetti
- 2 eggs, beaten
- ½ pound boiled ham, julienned
- 1 cucumber, peeled, seeded and julienned
- 1 package (9 oz.) imitation crabmeat, julienned
- 2 cups watercress, cut into 2-inch pieces
- 4 green onions, chopped
- ½ head iceberg lettuce, shredded

Dressing

- ½ cup soy sauce
- ⅓ cup rice vinegar
- ¼ cup sugar
- 1 tablespoon salad oil
- 1 tablespoon Oriental sesame oil
- 2 tablespoons sesame seed, toasted

Cook noodles according to package directions. Drain. Rinse well under cold water; drain.

Brush a 7- or 8-inch nonstick skillet very lightly with oil; heat over medium-high heat. Add eggs and cook until set; turn and continue cooking just until dry. Cool on wax paper; julienne.

Dressing: In small bowl whisk together all ingredients.

In bowl toss noodles, egg and remaining ingredients with dressing. Makes 18 cups, 200 calories per cup.

*Somen noodles (very thin Oriental noodles) can be purchased in Oriental groceries and specialty sections of some supermarkets.

COCONUT CAKE

pictured on page 97

Prep time: 1 hour 20 minutes plus cooling
Baking time: 25 to 35 minutes

- 1 fresh coconut, shelled, with liquid reserved (see note above)

Cake

- ½ cup butter, softened
- 1½ cups sugar
- Milk

(continued)


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I ISLAND BARBECUE
continued

2 cups all-purpose flour
2 teaspoons baking powder
½ teaspoon baking soda
½ teaspoon salt
1 teaspoon vanilla extract
4 egg whites

rosting

1 cup sugar
⅓ cup boiling water
¼ teaspoon cream of tartar
2 teaspoons light corn syrup
2 egg whites
1 teaspoon vanilla extract

rate coconut meat; reserve 3¼ cups. *ake:* Preheat oven to 350°F. Grease ree 8-inch or two 9-inch cake pans. ine with wax paper; grease and flour aper. In large mixer bowl cream but- r and sugar until light and fluffy. eat in ¾ cup shredded coconut. Add ough milk to reserved coconut liquid equal 1 cup. Sift flour with baking wder, baking soda and salt; add to eamed mixture alternately with co- nut-milk mixture. Stir in vanilla. eat egg whites until soft peaks form. old into batter. Pour batter into pre- ared pans. Bake 25 to 35 minutes, ntil toothpick inserted in center mes out clean. Cool 10 minutes on ire racks; remove from pans to cool mpletely.

rosting: In top of double boiler over mmering water combine sugar, wa- r, cream of tartar and corn syrup. eat, stirring, until sugar is dissolved. emove from heat. Add egg whites and eat at high speed 5 minutes. Heat er simmering water, beating con- antly, 4 minutes more. Beat in vanilla. Frost cake layers with about one uarter of the frosting. Sprinkle with cup coconut; stack. Frost sides of ake with remaining frosting. Gently at 1 cup coconut onto sides of cake. Makes 16 servings, 330 calories each.

Now in its third printing, *A Taste of Aloha* provides a fascinating introduction to Hawaiian cookery. Handsomely produced by the Junior League of Honolulu to benefit community projects, the 374-page hardcover contains league members' favorite family recipes and also a chapter on Island history, a glossary of Hawaiian foods and a chart on local seafood.

For your copy, send $14.95, plus $2.00 postage and handling ($4.00 airmail; Hawaii residents add $.60), to: JLH Cookbook, P.O. Box 10513, Honolulu, HI 96816. Make checks payable to The JLH Cookbook.

FRUITFUL ENDINGS
continued from page 105

STUFFED NECTARINES WITH AMARETTO CREAM AND RASPBERRIES

pictured on page 105

Prep time: 30 minutes plus chilling

Amaretto Cream

2 egg yolks
2 tablespoons sugar
⅛ teaspoon ground cardamom
1 cup milk
1 strip (3x1-inch) orange peel
¼ cup amaretto liqueur
½ cup heavy cream, whipped

½ cup raspberries
4 large, ripe nectarines
24 miniature amaretto biscuits
Fresh raspberries and mint leaves, for garnish

Amaretto Cream: In small bowl combine egg yolks, sugar and cardamom. Whisk until well blended. In top of double boiler heat milk directly over medium heat until tiny bubbles form around edge. Add ⅓ cup hot milk to egg yolk mixture; mix well and stir into remaining milk. Add orange peel. Cook over simmering water, stirring constantly, just until mixture coats the back of a spoon, about 15 minutes. Remove from heat; stir in amaretto. Cover and refrigerate. *(Can be made ahead. Refrigerate up to 3 days.)* Discard orange peel. Fold in whipped cream. Refrigerate at least 30 minutes or up to 2 hours. Makes 2½ cups.

Puree raspberries; strain, discarding seeds. Set puree aside.

Cut nectarines in half; remove pits. Place 1 teaspoon Amaretto Cream in center of each half; fill each with 3 amaretto biscuits.

To serve, spoon remaining Amaretto Cream onto a chilled platter. Carefully arrange nectarines cut side down in cream. Drizzle raspberry puree onto cream. Run the tip of a toothpick through puree to create a chevron effect. Garnish with berries and mint. Makes 8 servings, 185 calories each.

CREPES DÉLICES

pictured on page 104

Prep time: 45 minutes plus standing
Cooking time: 20 minutes

Crepes

¾ cup milk
2 tablespoons cold water
½ teaspoon vanilla extract
3 eggs
¾ cup all-purpose flour, sifted
½ teaspoon sugar
Pinch salt
2 tablespoons butter, melted
1 tablespoon salad oil

Blueberry Sauce

⅓ cup sugar
2 tablespoons water
1½ teaspoons cornstarch
¼ teaspoon grated lemon peel
Pinch nutmeg
Pinch salt
2½ cups blueberries, divided
1½ teaspoons lemon juice

Cream Filling

1 pound mascarpone cheese (or 12 oz. cream cheese and ½ cup sour cream)
2 teaspoons sugar

Crepes: In blender combine all ingredients except butter and oil. Blend in melted butter. Cover and let stand at room temperature 1 hour or refrigerate up to 24 hours.

Lightly brush an 8-inch crepe or omelet pan with oil; heat over medium heat. Pour 2 tablespoons batter in center of pan, rotating pan to coat bottom. Cook until lightly browned on underside. Turn and cook just 30 seconds more. Cool on a wire rack. Repeat process with remaining batter. Stack cooled crepes between sheets of wax paper. Makes 16 crepes.

Blueberry Sauce: In *(continued)*

Recipe Index Here is a listing of recipes appearing in this issue, including those from the Journal kitchen and advertisements. *Recipe includes microwave instructions.

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FRUITFUL ENDINGS
continued

small saucepan combine sugar, water, cornstarch, lemon peel, nutmeg and salt. Stir in 1½ cups blueberries. Bring to a boil over medium heat, stirring occasionally; simmer 1 minute. Crush blueberries. Remove from heat and stir in remaining 1 cup blueberries and lemon juice. *(Can be made ahead. Cover and refrigerate up to 24 hours.)* Makes 2 cups.

Cream Filling: In small bowl combine mascarpone cheese (or cream cheese and sour cream) and sugar.

To serve, spread each crepe with 1 heaping tablespoon filling. Fold crepe in half, then in half again to form triangle. Arrange on a serving plate and top with Blueberry Sauce. Makes 8 servings, 390 calories each with sauce.

SUMMER PUDDING

pictured on page 104

Prep time: 25 minutes plus chilling

14 slices firm, good-quality white bread, crusts removed
1 quart blueberries
¼ cup fresh currants or cranberries
1 cup sugar
1 quart raspberries
1 cup crème fraîche or heavy cream, whipped

Butter a 2-quart glass loaf pan. Line bottom and sides with bread, trimming as needed to fit and making sure there are no holes. Reserve enough bread to cover top of pan. Set both aside.

Rinse fruits, removing any stems or leaves; drain well. In large saucepa combine blueberries with currants cranberries and sugar. Heat just un sugar is dissolved, crushing frui gently with the back of a spoon. Co Stir in raspberries.

Spoon fruits into bread-lined lo pan. Top with reserved bread, trim ming to fit snugly. Cover with plast wrap. Weight down pudding with a other loaf pan that just fits inside ri of pan and fill with heavy cans. Refri erate at least 12 hours, until bread completely saturated with syrup.

To serve, remove weights, top p and plastic wrap. Invert onto a chill serving plate. Spoon any extra syr over top of pudding. Slice and ser with crème fraîche or whipped crea Makes 8 servings, 400 calories ea with cream. *(continue*

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HONEY 'N' SPICE GLAZED CHICKEN

1/2 cup Heinz 57 Sauce
1/4 cup honey
2-1/2 pounds chicken pieces
Melted butter or margarine

Combine 57 Sauce and honey. Brush chicken with melted butter, then 57 Sauce-honey mixture. Grill or broil until chicken is cooked, turning and brushing frequently with 57 Sauce-honey mixture. Makes 5 servings.

57 SAUCE CHEDDAR BURGERS

1 pound lean ground beef
1 cup grated Cheddar cheese
1/2 cup soft bread crumbs
1/4 cup minced onion
3 tablespoons Heinz 57 Sauce
1/4 teaspoon salt
Sandwich buns, toasted

Combine first 6 ingredients. Form into 5 patties. Grill or broil to desired degree of doneness. Serve in sandwich buns; top with additional 57 Sauce, if desired. Makes 5 servings.

For more great recipes, send a self-addressed, stamped envelope to: Don't Stop At Steak, c/o Heinz 57 Sauce, P.O. Box 57, Pittsburgh, PA 15230-0057.

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FRUITFUL ENDINGS
continued

FRUITS À LA CRÈME

pictured on page 104

Prep time: 25 minutes plus chilling

- ¾ pound farmer cheese or 1½ cups large curd, low-fat cottage cheese
- 3 egg yolks
- 3 tablespoons unsalted butter
- ¼ cup plus 3 tablespoons sugar
- ½ cup plus 1 tablespoon passionfruit or white peach liqueur
- ¼ teaspoon vanilla extract
- ¼ teaspoon grated lemon peel
- ⅛ teaspoon salt
- Assorted fruits (strawberries, kiwifruits, nectarines), enough to equal 3 cups sliced
- 1 tablespoon lemon juice
- Grapes and mint leaves, for garnish

Line four 6-ounce heart-shaped molds or custard cups with a double layer of cheesecloth, leaving a 2-inch overhang. Set aside.

In food processor process cheese until almost smooth. Add egg yolks; process until well blended. Add butter and process until creamy. Gradually add ¼ cup sugar; process until light and fluffy, stopping occasionally to scrape bowl. Add 1 tablespoon liqueur, vanilla, lemon peel and salt; process until smooth. Divide mixture evenly among prepared molds. Fold cheesecloth over molds to cover. Place molds in a shallow dish; cover and refrigerate at least 8 or up to 24 hours.

One hour before serving, slice fruits. In bowl combine remaining 3 tablespoons sugar, remaining ½ cup liqueur and the lemon juice; stir until sugar is dissolved. Add fruits; toss gently to coat. Cover and refrigerate.

To serve, fold back cheesecloth and invert each mold onto a plate. Carefully peel off and discard cheesecloth. Surround each mold with fruits. Garnish with grapes and mint. Makes 4 servings, 390 calories each.

RASPBERRY CHIFFON PIE

Prep time: 45 minutes plus chilling

- 4 cups fresh raspberries
- 1 envelope unflavored gelatin
- ¼ cup cold water
- 3 eggs, separated, at room temperature
- ¾ cup sugar, divided
- 2 tablespoons fresh lemon juice
- 2 tablespoons raspberry liqueur
- ⅛ teaspoon cream of tartar
- 1 cup heavy or whipping cream, divided
- 1 9-inch prebaked pastry shell or vanilla crumb crust
- Mint leaves, for garnish

Reserve ½ cup berries for garnish. In blender puree remaining berries; strain, discarding seeds. Set aside.

In cup sprinkle gelatin over cold water; set aside.

In heavy 1-quart saucepan combine egg yolks and ½ cup sugar. Whisk until well blended, then stir in lemon juice. Heat over medium-low heat, stirring constantly, until mixture thickens slightly and coats the back of a spoon, about 15 minutes. *Do not boil.* Remove from heat; immediately stir in gelatin. Add puree and liqueur. Refrigerate, stirring occasionally, until mixture mounds when dropped from a spoon, about 45 minutes.

In large mixer bowl beat egg whites with cream of tartar until frothy. Gradually beat in remaining ¼ cup sugar. Fold into berry mixture. Beat ½ cup cream until soft peaks form. Fold into berry mixture. Spoon into prepared crust. Refrigerate until set, about 4 hours.

Whip remaining cream; spread or pipe decoratively on pie. Garnish with reserved berries and mint. Makes 8 servings, 325 calories each.

STRAWBERRY MARGARITA SHERBET

Prep time: 10 minutes plus freezing

- ⅓ cup sugar
- ½ cup plus 2 tablespoons tequila
- ¼ cup plus 1 tablespoon orange liqueur
- ¼ cup fresh lime juice
- 1 pint strawberries, hulled
- 1 egg white, lightly beaten

In stainless steel saucepan combine sugar, ½ cup tequila, ¼ cup liqueur and lime juice. Bring to a boil; reduce heat and simmer 5 minutes. Cool.

In food processor puree strawberries until smooth. Stir puree into cooled syrup with remaining tequila and liqueur. Whisk egg white into strawberry mixture. Freeze in ice-cream maker according to manufacturer's directions. Makes 3 cups, 195 calories per ½ cup.

FROZEN PAPAYA SOUFFLÉ

Prep time: 30 minutes plus freezing

- 1 fully ripe papaya (about 1 lb.), peeled, seeded and cut into chunks
- ¼ cup fresh lime juice
- ¾ cup sugar, divided
- ½ cup water
- 4 eggs, separated, at room temperature
- ½ cup heavy or whipping cream
- Fruited Rum Sauce (see below)

Tightly tape a wax-paper collar extending 3 inches above rim to a quart soufflé dish. Set aside.

In food processor or blender combine papaya and lime juice; puree until smooth. In small saucepan combine ½ cup sugar and the water. Bring to a boil; reduce heat and boil gently until syrup reaches 236°F. on a candy thermometer, about 7 minutes.

Meanwhile, in mixer bowl beat egg yolks at high speed until thick and light. Gradually add hot syrup in a thin, steady stream, beating until mixture falls in a thick ribbon from raised beaters, about 5 minutes. Fold in papaya puree. Transfer mixture to a large bowl; set aside.

In mixer bowl beat cream at low speed until stiff peaks form. Fold into papaya mixture. In small mixer bowl with clean beaters, beat egg whites until foamy. Gradually add remaining ½ cup sugar, beating until soft peaks form. Fold into papaya mixture. Pour into prepared soufflé dish. Cover and freeze until firm, about 7 hours or overnight.

To serve, remove wax-paper collar. Serve with Fruited Rum Sauce. Makes twelve ½-cup servings, 110 calories each without sauce.

Fruited Rum Sauce: In small saucepan combine ⅓ cup sugar and 1 cup water. Cover and bring to a boil. Uncover and simmer 5 minutes. Remove from heat; stir in ¼ cup fresh lime juice, then 2 tablespoons rum. Cool to room temperature.

Peel 1 ripe papaya; remove seeds and halve lengthwise. Cut papaya halves in half again lengthwise; cut crosswise into thin slices. Add to cooled syrup with 1 cup blueberries. Refrigerate until ready to serve. Makes 4 cups, 50 calories per ⅓ cup.

BEST-EVER SUGARED PLUMS

Prep time: 10 minutes
Cooking time: 5 minutes

- 6 plums, halved and pitted
- ⅓ cup firmly packed brown sugar
- ½ teaspoon grated orange peel
- ½ cup heavy or whipping cream

Preheat broiler. Arrange plums cut side up on broiler rack. In small bowl combine brown sugar and orange peel. Reserve 1 tablespoon mixture and sprinkle remainder over plums. Broil 4 inches from heat source 5 minutes or until brown and bubbly.

Meanwhile, in small bowl whip cream until soft peaks form. Beat in reserved brown sugar mixture; serve with plums. Makes 6 servings, 130 calories each.

Joanne Borkoski is a free-lance recipe developer in the New York City area.

Chocolate Plunge

⅔ cup KARO® Light or Dark Corn Syrup
½ cup heavy or whipping cream
1 package (8 oz.) BAKER'S® Semi-Sweet Chocolate*
Assorted fresh fruit

*Or 2 packages (4 oz. each) BAKER'S® GERMAN'S® Sweet Chocolate

In medium saucepan stir corn syrup and cream. Bring to a boil over medium heat. Remove from heat. Add chocolate; stir until completely melted. Serve warm as a dip for fruit. Makes 1½ cups.

Microwave directions: In medium microproof bowl stir corn syrup and cream. Microwave at High (100%) 1½ minutes or until boiling. Add chocolate; stir until completely melted.

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FIRST LADY

continued from page 69

Barbara Bush, wife of the Vice-President

My role has always been to take care of my husband and family the very best I can. I don't think the First Lady's role should be any different. How much power she has depends on her relationship with her husband. In my marriage, George is the elected official. I believe he respects my views, yet I can't think of one time I changed his mind. I may have helped steer him slightly—but I've never driven him.

Sally Quinn, former *Washington Post* reporter and author of *Regrets Only*, a best-seller about a First Lady

I would hate to be First Lady. It's a thankless role; it's got to be the most miserable position in the world. With all the security, you're a prisoner—you can't go anywhere you want. And you can't do anything. Any woman or man who decides to be First Lady or First Husband is basically giving up four or eight years of his or her life.

A. M. Rosenthal, former executive editor and current columnist for *The New York Times*

The whole First Lady business is a piece of creaky condescension. It just means that because you married the right man, it makes no difference whether you are clever or stupid—you are our number-one "girl." Simply raising the possibility of First Gentleman shows what an insult to women the title and concept of First Lady is.

Dr. Olive Taylor, professor of history, Howard University, Washington, D.C.

As "first woman" of the country, the First Lady should take a stand on the issues facing American women and children. As "first wife," she should stand by her husband, but not stand for him. As "first citizen," she must be astutely aware of the great issues that face the nation and the world. Her motives should be high minded: to speak out against injustice, to promote the best values, to raise the consciousness of people about pain and suffering.

What do you think?

What should be the First Lady's role? We'd like to get your opinion—and the views of your family. Please send a postcard to:

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We'll print a selection of the responses in an upcoming issue.

GUT REACTIONS

continued from page 84

vary from three times a day to three times a week.

Doctors define constipation as hard stools or the infrequent and difficult passage of a stool. The causes are several and include lack of dietary fiber, dehydration, lack of exercise, overuse of laxatives and enemas, dieting (less food, less stool), poor bowel habits (such as ignoring "the call"), changes in schedule, emotional distress, digestive and other diseases, and the use of certain antidepressants, antihistamines, antacids and diuretics that slow intestinal activity.

To treat the problem: Eat fewer meats, dairy products, eggs and sweets; gradually add more fruits, vegetables and whole grains to the diet; learn to reduce tension; drink eight to ten glasses of fluid daily, including some prune juice; exercise regularly; heed the urge to defecate; avoid laxatives (some physicians consider more than four doses in two weeks an overuse); use antacids sparingly; and eat breakfast or drink something hot in the morning.

If these efforts fail, try taking an artificial bulk producer such as Metamucil or Serutan for a week or so. If constipation lasts longer than two or three weeks or is accompanied by severe abdominal cramps and bloating, the sudden appearance of very thin stools or blood in the stool, see a physician immediately.

Diarrhea Its causes include tension, viruses, food poisoning, bowel obstruction, antibiotic use, a laxative habit, a food allergy, or improper digestion of food in the small intestine.

To recover from a mild case of diarrhea, avoid solid foods, milk, high-fiber fruits and vegetables, fatty or spicy foods, sweets and carbonated beverages. Do drink plenty of fluids containing sugar and salt—such as Gatorade—to avoid dehydration. As you feel better, gradually add clear soups, applesauce, rice and toast to your diet. Slowly resume your normal eating habits. If these measures do not work, try a tablespoon of Kaopectate after each loose bowel movement. If diarrhea is severe or lasts longer than two or three days, see a doctor.

Serious problems

Colorectal cancer The second leading cause of cancer deaths in this country, colorectal cancer can be cured in the great majority of cases if detected and treated early. Yet early detection is difficult in a society where people have trouble saying "stool" or "bowel movement"... even to their doctors. The price of such delicacy is high: A perso can literally die of embarrassment.

While President Reagan's cas helped publicize the disease, the ave age person still knows little or nothin about colorectal cancer and has neve had an exam that might detect it.

According to the American Cance Society (ACS), the warning signs colorectal cancer are rectal bleeding, sudden change in bowel habits, unex plained abdominal pain or unintende weight loss.

The ACS recommends a general ca cer-related checkup every three yea between the ages of twenty and fort and annually thereafter. The ACS als recommends that people with no sym toms have a digital rectal examinatio every year after age forty; a proctosi moidoscopic exam every three to fiv years after age fifty, following two in tial negative tests one year apart; an a stool blood test yearly after age fifty

Some people, considered at highe risk than the general populatio should receive more frequent testin Anyone who has had ulcerative colit for eight years or longer, who has family history of colon or other ca cers, or who has had polyps (smal cherrylike growths on the intestina wall) should make sure to be close monitored.

Research also shows that obese pe ple are at a higher risk for colon ca cer, as are people who consume a hig fat diet. Losing excess weight an switching to a low-fat, high-fiber di may be protective.

Gallstones Twenty-five million Amer cans suffer from gallstones, which a most prevalent among people who co sume rich, fatty foods. A typical suffe er is an overweight woman over for with several children. Losing a lot weight rapidly can also increas chances of developing the condition.

Usually the stones—which can be a small as a speck or as large as egg—are "silent" and go undetecte until a person has a routine medic checkup. But when a stone lodges the duct leading from the gallbladd to the small intestine, it may cau sudden, severe pain (usually in the u per abdomen) and sometimes vomi ing, fever, chills and heavy sweatin A gallbladder attack can last fro twenty minutes to several hours a usually strikes within two hours eating a rich, fatty meal.

A physician will probably recom mend that a sufferer cut down on fat foods and eat small, regular meals co taining large amounts of fiber. Co tinuing problems usually require r moval of the gallbladder—the fif most common operation performed the United States. *(continue*

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GUT REACTIONS
continued

Treatment with new, gallstone-dissolving medications (chenodiol is one) helps some people, but the gallstones frequently return when treatment is discontinued.

Ulcers Few diseases are as subject to myth as peptic ulcers, sores on the lining of the stomach or duodenum (the first ten or so inches of the small intestine). Most people, for instance, still believe that the typical ulcer sufferer is a high-powered executive man. Actually, ulcers depend more upon stomach acid levels than stress levels. And the tendency to produce a lot of stomach acid is genetic. About twenty million Americans currently have, or have had, ulcers, and while most of them are men, rates for women are increasing, possibly because of the number of women smokers (smoking doubles ulcer risk). While ulcers are occasionally "silent," most cause a steady, gnawing pain at the tip of the breastbone that may resemble heartburn but is more severe and long-lasting. The pain usually recurs every day at the same time, disappears after eating and then recurs thirty minutes to two hours later.

Ulcers can be treated with over-the-counter antacid medications, as well as prescription drugs such as cimetidine or ranitidine.

Inflammatory bowel diseases (IBD) Crohn's disease (ileitis) and ulcerative colitis are among the most physically and psychologically debilitating of the digestive diseases. When uncontrolled, symptoms of alternating constipation and diarrhea, abdominal cramps, rectal bleeding, fever, bloating and gas can make a normal lifestyle difficult.

Crohn's disease can occur in any part of the digestive tract, but usually affects the small and large intestines. Colitis affects only the mucosa (lining) of the large intestine. Nobody knows what causes these conditions, but both result in severe tissue damage.

Prescription medications—such as anti-inflammatory drugs, corticosteroids and immunosuppressant drugs—can help control the symptoms. Sufferers also learn to avoid the foods that make their own symptoms worse, since individual cases vary. Eventually about two thirds of Crohn's disease patients and one third of ulcerative colitis patients require surgery to remove damaged sections of the intestines. Ulcerative colitis patients have a higher-than-average risk of developing colon cancer, so they should be tested frequently for the disease.

Irritable bowel syndrome (IBS) A
though not nearly as serious as colit
or ileitis, IBS is often confused wi
the more severe bowel disorders b
cause the symptoms are so similar.
IBS, however, the colon appea
healthy and free of disease and tiss
damage when examined, although
does not function normally. Most do
tors now realize that IBS is stress-r
lated, even though other factors ma
be involved. The problem tends
worsen during marital or job trouble
financial stress, bereavement, acade
ic exams, the premenstrual period a
menopause.

No surgical or medical treatme
can cure IBS, although doctors ma
prescribe antispasmodic medication
relieve symptoms. Symptoms can al
be minimized if the sufferer avoids fa
ty, fried, and other irritating food
avoids coffee, alcohol and smokin
eats smaller meals; eats slowly; chev
food well; drinks plenty of fluids; us
diarrheal drugs or laxatives sparingl
and eats more high-fiber foods, esp
cially bran, when constipation is t
main symptom. It's important to see
physician if these measures fail. E

Maureen Mylander is the author of T
Great American Stomach Book *(Tic
nor & Fields, 1982).*

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The End of Summer

By Christopher Hallowell

August 27 Last night the wind blew up. This morning it is howling and sending the great drifts of spray off the bay slamming against the house at Weenaumet Point, where we are spending our family vacation—the house my father built and left to his children. Matthew, my four-and-a-half year-old son, never knew my father—his grandfather. But during the time we have been here, he has grown curious about this man who is still so much alive in my mind, though he died eight years ago.

But now, the storm has our full attention. The wind has also knocked out the electricity—probably by felling a tree against some wires somewhere. The joyous thought crosses my mind that we will have to cook our meals in the fireplace and go to bed by candlelight. Willa, my wife, is already happily digging in the drawers for candles.

The kids, particularly Matthew, are not so happy. A gust of wind has toppled the structure of his little world. When I told him a tree had probably fallen across the electric lines, wo clouded his face. "But Daddy," yelped, "we won't be able to watch *ame Street*. You won't be able to your typewriter." Two-and-a-h year-old Maggie quickly caught M thew's concern. "No *Sesame*, Dac We can't see Oscar, no Grover. W we going to do?"

I decide it would be good for the k to see more of the storm's excitem "Hey," I exclaim, "let's drive aro the point to see how many trees h fallen." Matthew looks at me worr ly. "It's fun to go out in a storm," I him persuasively.

"Come on, kids. Let's go see a storm," Willa adds excitedly.

The road is littered with pine n dles and small branches. As the wheels hit puddles, great plumes spray arc into the underbrush. dramatic effect begins to bring a li to the children's eyes. But the m exciting scene is at the causew crossing the marsh. The road is c pletely flooded, buried under four of white-capped water, making point an island. Huddles of deligh people mill about the road where enters the water. As during any ev beyond human control, protect guards are cast aside, and conver tions flow unfettered. The might hurricanes and the human heroics ed out during them are the mains of the talk.

Matthew listens to the stories of elders. He sporadically wades al the inundated road. His eyes spar and he holds out his arms to feel rush of the wind. On the return h he says, "I hope the electricity ha come back on. We can build a fire camp in the house. Storms are They make people talk a lot." I agr

August 28 This afternoon, at half- tide, Matthew and I go to the tidal p to dig for cherrystone clams. But tidal pool holds mystery as well clams. There is no telling what is l ing in its soft vegetation. Matthew nervous and cries out when he s small crabs scurrying for protectio too, feel some qualms but plunge feet downward in a show of fearl ness. Matthew follows by jump carefully from one of my footprint the next. When I reach a large, bar section of mud, I squat and burrow fingers through it until I feel the sh of a clam. The bottom of our baske quickly covered with them.

Meanwhile, Matthew's fascinat with the mud's texture has deeper Soon, he becomes a happy hog i wallow. A sensation of jealousy f through my mind; Matthew's aban in the mud has taken on a fervo happiness. He throws mud about, b

From FATHER TO THE MAN, by Christopher Hallowell. Copyright © 1987 by Christopher Hallowell. Reprinted with permission of William Morrow & Co., Inc.

ops into it, smears it over his body in rite of worship that I never experienced as a child here. Matthew and the mud that is the source of so much of Weenaumet Point have become one.

August 29 The east wind pushes *Song Sparrow* out of the harbor and down the channel toward the bay. As usual, Matthew prances about the cockpit and jumps up onto the bow. Maggie, all but hidden by her life preserver, is content to remain seated astern.

The island looks deserted as we approach it. Matthew whimpers because I won't let him throw the heavy anchor overboard, and I make up a story to distract him as I row him ashore in *Turkey*, our dilapidated rowboat Matthew christened.

"Matthew," I begin seriously, "this is a mostly deserted island. But a long time ago, in the olden days, pirates came here to bury their treasure. If we look hard, we might find some of it."

Matthew steps ashore hesitantly, but I can see excitement gleaming in his eyes. He points to a few windlashed cedars. "Let's go over there," he suggests with a sort of Huckleberry Finn logic. "Pirates might have buried their treasure under the trees so they would know where to find it when they came back." As we head that way, Matthew suddenly gasps and kneels down. "Look, a pirate button!"

There, glistening in the sand, is a flat piece of rounded shell with two holes through its center. A few paces farther, he exclaims again: "Old metal. Maybe it was a pirate chest that got too old." The ground is specked with rust. We begin to dig furiously. Matthew's excitement is contagious. I keep thinking how I would feel if we uncovered the corner of a chest. But no. Just sand and more sand. Matthew's pace slows, and I see disappointment soften his face.

I have to do something to solve this dilemma. So I distract Matthew by telling him I thought I just saw a spouting whale in the bay. While he looks toward the water, I pull out a handful of change, throw it in the hole and cover it with a layer of sand.

"Well, Matthew, let's dig a little more," I say, trying to sound disappointed. He starts digging again. A nickel shows up, then a penny, then a quarter. He smiles and grabs them. But his smile tells me he knows damn well where they came from.

"Dad, put them back in the hole," he says. "Let's find them again."

I do so while Matthew looks elsewhere, pretending not to know what I'm doing. Then he digs again and retrieves the coins. "Look, Dad. Pirates really were here."

August 31 The last full day of our vacation. The children are strangely silent as we clean up. They sense change. Matthew, in his plastic wading pool, is playing with a model sailboat. Maggie runs back and forth across the deck, flapping her arms and trying to keep up with the gulls effortlessly drifting by. As each gull disappears, Maggie waves and quietly calls, "Bye-bye, gull. See you later."

During the month we have turned the house's orderliness into chaos. Cleaning is an all-day ordeal. The carefree days of summer at Weenaumet Point are quickly coming to an end.

September 1 A pungent crispness fills the air, making me want to stop and just breathe. The limpid water dances along the shore. The kids react to our leaving in a much more natural way than I do. They yell, scream and whine; they kick and pull each other's hair. Matthew is in his underwear and refuses to dress himself further. Maggie throws Cheerios on the floor.

At last everything is in order and the car is packed. I am just about to give the door a final slam when Matthew sneaks past me into the house. I say nothing. He looks determined. He heads to the fireplace mantel and stares for a moment at the photograph of my father sailing, and then he says, "Good-bye, Grandpa Bill. We had a nice summer."

End



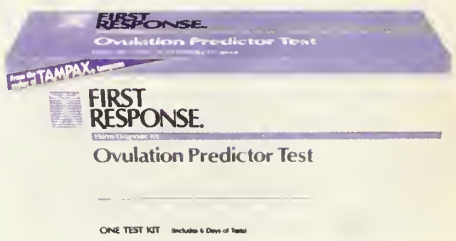
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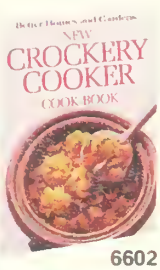
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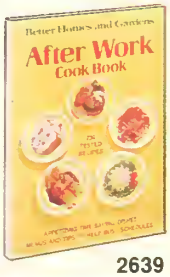
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THE LEGEND OF MARILYN

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which called for her to be stretched on a sofa. There was no sofa in my office at the time, so she kicked off her shoes, got down on the carpet and acted out the scene with superb skill. Then, before I could say anything, she repeated the performance. After the second run-through, she got up and awaited the verdict. I told her, 'You didn't have to do it twice, honey. You had it on the first reading.' "

Blond on blond Simone Signoret, who lived next door to Marilyn for a short while, recalled their hair-dyeing sessions. "In order to have platinum hair, she sent for a very old lady who came all the way from San Diego. She had been responsible for the platinum head of Jean Harlow throughout her career—or so she said.

"Before allowing her to remove the bottles from her old carrying bag—products long since made obsolete by more modern techniques—Marilyn would ply her with food. The old lady would indulge with gusto. Then Marilyn would knock on my door, and the hair-dyeing party would begin.

"It amused me enormously to have my hair tinted by the lady who pretended to have created Jean Harlow. But it didn't amuse Marilyn. It was no accident that she had tracked down the retired lady. She believed in her. She was perfectly willing to pay for her limousine rides and caviar. It was a kind of association through a third person between the first blond, Jean Harlow, and the blond Marilyn turned into. And in retrospect I think it was also a hand stretched out to someone who had been forgotten."

Dumb like a fox Shelley Winters tells in her autobiography of going to visit Marilyn on the set of the movie *River of No Return*. "Otto Preminger was standing on a tall ladder with a bullhorn, directing her and a little boy in a scene on a raft. I gathered that they'd been at this short scene all day, and now Marilyn did what she always did when she was confused. She just opened her mouth and smiled at everything in sight. Preminger began to use dreadful language.

"Marilyn got halfway through the next take and fluffed a line. The eight-year-old boy pretended it was his fault; even he understood the inhumanity of what was going on. Preminger yelled, 'It's a wrap' and left.

"Marilyn climbed off the raft onto the pier and slipped a little as we walked. I said something like 'Watch your step, you can break a leg.' We both got into the limousine, and when we arrived at the hotel, Marilyn said, 'I can't get out. I've broken my leg.'

"A famous orthopedic specialist X-rayed her foot and said that perhaps she had sprained her ankle, but there was no break. Marilyn said in her sweet whisper, 'That may be so, but I must have crutches and a walking cast if I am to finish the film.'

"The day she reported back to work, she handed me the crutches, displayed her heavy, ugly cast and said sweetly, 'Now, Mr. Preminger, what is it exactly you want me to do?' If he'd dared say one word out of line to this poor crippled girl, the crew would have torn him limb from limb, and he knew it.

"Dumb? Like a fox, was my young friend Marilyn. That night we celebrated at a nightclub, and at one point she was doing a rumba with her co-star, Robert Mitchum. 'For God's sake, Marilyn, sit down!' I told her. 'You're supposed to be crippled!'

" 'Oh, yes, I forgot.' She giggled and sat down in Mitch's lap. They finished the shoot in three weeks."

Applause Marilyn and her bridegroom, Joe DiMaggio, had just returned from Japan and Korea when the couple told Hollywood reporter Sidney Skolsky about their trip. He recalls the incident: " 'You'll never believe what happened,' Marilyn began telling me. 'I had the greatest time I've ever had. . . . Would you believe I went to Korea and entertained soldiers? There must've been ten thousand troops gathered there to see me sing. I wasn't nervous, not one bit.

" 'I sang, and they loved it. When I finished, they stood up and applauded.' Brimming with pride, Marilyn was reliving her triumph. 'Joe,' she said, turning to DiMaggio, 'do you have any idea what that's like? Did you ever have ten thousand people stand up and applaud you?'

"Joe's voice was unemotional. 'Seventy-five thousand,' he said quietly.

"Marilyn looked as embarrassed as a pinch runner picked off first base in the World Series."

Ahead of her time Ella Fitzgerald, Marilyn's favorite female singer, has said,"I owe Marilyn a real debt. It was because of her I played the Mocambo [a famous Los Angeles club]. She called the owner and told him if he booked me immediately, she would take a front table every night. She told him—and it was true, due to Marilyn's superstar status—that the press would go wild. The owner said yes, and Marilyn was there, front table, every night . . . After that, I never had to play a small jazz club again. She was an unusual woman—a little ahead of her time. And she didn't know it."

The essential man Arthur Miller, who was later to become Marilyn's husband, told a *Time* reporter, "She the most womanly woman I can im ine . . . Most men become more aw of what they are natively when t are around her: A phony becomes m phony, a confused man becomes m confused, a retiring man becomes m retiring. She's a kind of lodestone t draws out of the male animal his sential qualities."

"Mrs. Miller" In 1957, Dalia Leed young Israeli woman who had marr an American and moved to New Yo began taking her newborn son to park each day. She often noticed a s tary woman wearing sunglasses kerchief and a fur coat over jeans. like the other regulars there, didn't bring a book or a child. She j sat watching the children play.

After a few days, the woman in duced herself to Dalia as "Mrs. Mil and asked if she could hold the bab stranger wanting to hold her seemed odd at first, but Mrs. Mi was shy and gentle. Soon they str up an unusual friendship.

"She talked mostly about childre Dalia recalls. "She was very curi about what you fed a child, how diapered it. . . . Even after the moth there realized this was Marilyn M roe, we tried to respect her priva She was so different from her ima Not a sexpot, not glamorous, but j an ordinary woman who was shy, c ous and lonely."

Marilyn and the Kennedys Art Schlesinger recalls Bobby Kenne first meeting with Marilyn and t subsequent relationship."We both r her the same night after she had s 'Happy Birthday, Mr. President' a Madison Square Garden celebratio John Kennedy's forty-fifth birth We were all moths around the fl that night. I do not think I have s anyone so beautiful; I was encha by her manner and her wit. But felt a terrible unreality about her— if talking to someone under wa Bobby and I engaged in mock comp tion for her; she was most agreeabl him and pleasant to me—but then receded into her own glittering mis

"There was something at once ma cal and desperate about her. Bo Kennedy, with his curiosity, his sym thy, his absolute directness of respo to distress, in some way got through glittering mist as few did."

The real Marilyn? Actor Eli Wallac one of many colleagues who rememb seeing Marilyn Monroe walk down street completely unnoticed and then s denly make heads turn in surprised re nition by assuming her well-known m nerisms. How did she do it? All she wo say was "I just felt like being Mari for a moment." —SOFIA MARCH

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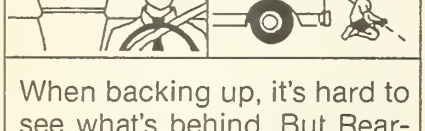
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CHER

continued from page 39

I do find someone I like, I usually remain with him awhile. I go out with a guy for dinner, and I stay with him for two years."

But while she's had a number of relationships recently, she says she has no intention of marrying. "I did that kind of stuff already," she says. "I mean, I fantasize about it. And maybe if I met Mr. Right I might marry him. The idea of staying with someone for the rest of my life is fabulous."

Fabulous but not essential. Since divorcing Sonny, Cher has refused to be dependent on any man, and she won't become involved with anyone solely on his own terms. "I think I'm pretty independent," she says. "Women have this strange thing—they think they need to be taken care of. I don't believe that's true. I think it *sounds* good. I would love it if someone would take care of me, so acting could be a hobby, but I certainly am taking care of myself and my children."

If Cher insists on independence in her personal life, it's nothing compared with the way she is on the set of a movie. When director Peter Bogdanovich disagreed with the way she was approaching her role in *Mask*, the two had a number of well-publicized fights. Bogdanovich was furious, but Cher got to play the part the way she wanted. "I don't compromise much now," she admits. "I used to, but I kind of have the feeling that I already gave at the office. People say it's selfish. But I'm not that interested in what people say."

Cher's professional self-confidence was a long time coming. For years, she was practically laughed out of Hollywood when she tried to put aside her Las Vegas night-club career to become a screen actress. Finally, director Robert Altman decided to give her a shot in his Broadway production (and, later, the movie version) of *Come Back to the 5 and Dime, Jimmy Dean, Jimmy Dean*. Her performance helped her win a supporting role in the movie *Silkwood*, opposite Meryl Streep. Cher in a major dramatic role? No one could believe it. "I remember the first time I was in the theater and saw a screening of *Silkwood*," she says. "When my name came up, everybody laughed. It really killed me; it was so hard."

Witches and lawyers

Cher had the last laugh, however. Her performance earned her an Oscar nomination and allowed her to choose the roles she wanted. When her portrayal of a tough motorcycle gang member and mother of a deformed son in *Mask* won her even further acclaim, most critics and fans expected her to take on another gritty role. But Cher was not about to start doing what everyone expected. Instead, she chose three roles that provided a total about-face from anything she had ever done: a woman with special powers in *The Witches of Eastwick*, a dowdy bookkeeper from Brooklyn in *Moonstruck* and a public defender who becomes involved in a murder case in *Suspect*.

She agreed to do *Witches* even though she wasn't thrilled with the script, because she had always wanted to work alongside Jack Nicholson, a friend of fifteen years. "Usually, I have to be compelled by a story to do a movie, and I just didn't think this story was great. I didn't think it was bad, either; I just didn't think much of it at all," she says. "But I really wanted to work with Jack. He's so talented, so generous and so fabulous."

Making *Witches* not only cemented her friendship with Nicholson, it helped her forge new ones with costars Susan Sarandon and Michelle Pfeiffer. "This morning I woke up, and there was a message on my machine from Sue that said, 'I just wanted to send my love,' " Cher says with a smile. "I really made good friendships on this movie, and I don't have many friends who I can call and see and stuff like that, because I don't stay in one place too long."

Cher may have played against ty in *Witches*, but her role in *Suspect* w an even greater departure. Though s loved the script, she was terrifi about playing a smart and confide lawyer. "I always think of myself being able to play working-class typ You know, basic women," she sa "And since I didn't have that mu schooling, I was scared to try to p tray a woman who's been to law sch and, you know, uses these big word

Handicapped by dyslexia, Cher n er finished high school herself, and s still has some trouble with readi writing and working with numbers. write very few letters, and then only people I am really close to," she sa "I'll start to write a word that beg with two difficult letters and go ri to the last letter or skip the word e tirely. Or I'll see the most amusi billboards that don't exist because turn the letters upside down. And have an even harder time with nu bers. Sometimes when I try to ma long-distance calls, my secretary h to take the phone out of my hand."

To compensate for her dyslex Cher has developed a keen memo Though it takes her a while to read script, she usually only needs to go ov it once to have it memorized. Also, sh often spend several days or weeks searching the role until she knows exa ly how she wants to play it.

And in the future, she'll continue play diverse and surprising roles. R cently, Cher's production company quired the film rights to *Forever S the Hearts*, a novel about a civili nurse in Vietnam. She's also goi back to the recording studio, wh she'll cut her first album (with seve songs written by superstar Jon B Jovi) in five years.

But tonight, Cher still has m filming to do in *Suspect*. Before s returns to the set, she has one fi surprise. "You know what?" she s suddenly. "If I had been talented art, I would have painted. I can't. S like to be artistic in the way I look a dress. And, of course, I've always be a little rebellious. I have gone throu a lot of different looks, but that's cause I am still alive and still growi So it's as easy for me to be in a B Mackie gown as it is to be in old jea with the knees torn out. There's reason for me to limit myself to j one look."

Does this mean that if she's no nated for another Academy Awa she'll go to the ceremony in a na blue suit and a white blouse?

"Absolutely never! I will never that. That just wouldn't be me. Ev when I'm eighty-five years old, I'm ing in something *weird*."

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MEDINEWS

continued from page 58

Further complicating a woman's decision is the fact that moderate alcohol intake has been shown to protect against heart disease—which kills nine times as many women as breast cancer does.

Perhaps the most prudent course of action was recommended by noted epidemiologist Saxon Graham, Ph.D., of the State University of New York at Buffalo. In an editorial carried by *The New England Journal of Medicine*, which published the two studies, Graham recommended that "women at especially high risk for breast cancer, such as those who are obese, who have few children, who were first pregnant when they were older than twenty-five or whose mothers had breast cancer, should curtail their alcohol ingestion." Other risk factors for breast cancer: age over fifty, menarche before age twelve, menopause after age fifty-five.

In an interview later Graham was even blunter: "Women with other known risk factors should not drink or should cut down greatly. Even women with no other risk factors should drink very moderately, if at all."

Garfinkel agrees: "Women can't do anything about most of the risk factors associated with breast cancer. But when something is added to the list that may increase the risks, women should be concerned."

What other new research is there on breast cancer? The Harvard scientists who conducted the breast cancer and alcohol study have also assessed the link between a high-fat diet and breast cancer. In contrast to earlier studies that found that this type of diet was a risk factor, the Harvard study disputes the link. Furthermore, it states that cutting down on dietary fat is unlikely to change a woman's breast cancer risk. (A high-fat diet has been implicated in other cancers—especially cancers of the gastrointestinal tract—and heart disease.) Again, more studies are needed before experts will reverse their recommendation for eating a low-fat diet to help prevent the development of breast cancer.

Scientists at the University of North Carolina at Chapel Hill believe they have identified a specific gene that predisposes women to breast cancer. Carried by about 1 percent of the U.S. population, the gene may be responsible for almost 9 percent of all breast cancer cases. Women carrying this gene face about a seven times greater risk of developing breast cancer than do noncarriers. So far, no test is available to determine whether an individual carries this gene. **End**

JAWS—THE REVENGE

continued from page 78

she was uneasy. The seal suddenly wanted to leave the water, but she doubted that her baby was strong enough to mount the buoy.

With a surge of power, she heaved herself aboard. She barked at her little one to follow. The baby pawed with her flippers at the buoy's edge, flopped back and tried again.

The Great White lazed below. With a swish of his tail he turned, spiraling upward. His jaws opened at ten feet below, and by five feet he was making a good ten knots, straight up. He took the baby whole, rose into the black night and lashed the mother on the buoy with his tail.

He waited while she thrashed and fell from her perch, then engorged her in one piece. With half his hunger satisfied, he glided for a while. Hearing a piling bumping against a channel buoy, the Great White turned toward the harbor lights.

Ellen Brody, carrying a grocery bag, crossed the square, glancing up at the township Christmas tree and the bedraggled angel teetering on top. Her son, Sean, an Amity policeman, had put it there the previous week.

Ellen had been filled all day with sadness and some nameless dread. This was the first Christmas without her husband, Marty. Her elder son, Michael, was in the Bahamas, so Sean and she would be alone.

Martin Brody had first placed the angel on the tree when Sean was a child. All that was before the sharks. The first of the troubles—the shark that almost wrecked the town—had come twelve years ago, and the next—which all but finished the job—two years after that. After *that* shark, there had been no more climbing the Christmas tree for Marty: His heart would not permit it. Amity's second shark—which died in a searing flash of voltage on the Cape North Light power line—had ruined Martin's heart.

As police chief, Marty had fought the beast; now Sean wore his father's badge. And in his holster, when he remembered to wear it, swung Marty's battered revolver.

The dread she had known all day was becoming overpowering. Quickly she entered the town hall and stepped into the police station.

Sean looked up from his desk. "Hi!" He was eyeing the bag Ellen was holding. Sean's fiancée, Tiffany, was coming for dinner and tree decorating that night. "What've you got there?"

"Oh, I'll never tell. Look, we're about to have a fallen angel in the square."

He shrugged. "I hope so. That thing's older than I am."

She stared at him. Didn't he ca[re]? Her eyes misted. Suddenly he was [on] his feet, folding her in his arms.

"Mom, Mom, I'm sorry. I forgot th[at] Dad used to . . ."

She was being silly. "I turn eve[ry]thing into a crying spell. I've just [to] to get over it."

The radio crackled. It was Len[ny] Amity's other police officer, nomina[l] the chief. "Sean, there's a big old pili[ng] drifting in the channel."

"Ten-four." Sean picked up [the] phone and dialed the Montauk Po[int] Coast Guard station. He reported [the] menace to navigation, listened a[nd] sighed. "Well, as soon as you c[an] okay? Our fishing boats are coming [in] and we're going to have fog tonight."

He hung up and shook his he[ad]. "They claim they're all tied up."

"You're not going . . ." Ellen whisper[ed].

"Mom," Sean warned, and then [he] grinned. "If the Coast Guard does[n't] show, I'll con Lenny into going."

She squeezed his hand and left.

After dinner, Sean sat back as El[len] and Tiffany cleared the dishes. Th[en] they all began to decorate the tree.

Ellen jumped when the phone ra[ng]. She was jittery tonight.

Sean got up and answered it. Wh[en] he put it down, he said, "Old Lars almost hit that log by the starboa[rd] entrance buoy." He called the Co[ast] Guard. "Can't make it? That's wha[t] figured," he said into the mouthpie[ce].

He yanked Marty's old Navy [P] coat from the closet.

"What's going on?" demanded Tiffa[ny].

"There's a log in the channel," El[len] told her, adding, "Sean, you said yo[u] ask Lenny to do it."

"No way," he said. "I forgot he w[as] Joseph the Carpenter. He's rehearsi[ng] tonight for the Christmas show."

Ellen followed him to the por[ch]. "Please don't! Not in the fog."

"Would Dad have gone in the fog?"

She met his eyes. She knew her s[on] hated the water. But yes, Marty wo[uld] have gone, and they both knew it. [It] was something Sean had to do.

She nodded. "He would have."

"Okay." He touched her lips a[nd] smiled. "Look, it's just a log."

Ellen nodded and watched him [go]. Tiff spoke softly. "Come on, Ellen," s[he] said. "Let's finish the wine."

The foghorn sounded, and Elle[n's] dread returned.

The old pavilion on Amity's waterfr[ont] was bathed in floodlights for [the] Christmas show rehearsal. Sean co[uld] hear the high school band as he park[ed] his car and then boarded *(continu[ed])*

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JAWS—THE REVENGE
continued

the police boat. He turned the key. The engine labored for a moment, then fired. While it warmed, he checked his gear. Everything he needed was there. He had no excuse to quit.

He cast off his lines and eased away from the dock, switching on the spotlight. He set a course for the green light on the starboard channel buoy. The Great White had heard the starter, and now he heard the growl of the diesel. He began to track the boat.

Sean stared at the floating piling. Torn from some ocean wharf by a winter storm, the piling was tangled with debris: a rusted cable and the remnants of a painted sign. Faintly, he made out the sun-bleached letters: DANGER.

Danger, all right, and a pain. Carefully he eased the boat alongside the creaking mess. Boards nailed to the piling embraced the buoy.

Sean knelt and leaned over the side. He heard faint voices floating over the water from the pavilion singing "Silent night, holy night . . ."

As he stretched over the side of the boat with his ear near the water, his gloves filled with freezing water. His fingers ached. Sean tugged on the two-by-fours that clasped the buoy. They let go with a shriek of rusty nails. Only the sign kept the piling snagged.

"All is calm, all is bright . . ."

The mass of wreckage suddenly shifted, as if jerked by a giant hand from the deep. The violence of it caused the nails in the two-by-four to rip through his canvas gloves, impaling his hand. For an instant he was silent with horror, and then he screamed in pain.

Sean glimpsed an enormous shape silhouetted against the pavilion lights and caught the glitter of ivory teeth.

"Holy infant so tender and mild . . ."

He screamed again. He was engulfed in a sheet of freezing water. One hand went up to ward off the nightmare.

The other was caught on the sign.

The Great White sank to the depths. It had ingested a good part of the rub rail along with the human torso. Above, a human hand and forearm thrust skyward, nailed to the danger sign.

Across the water drifted high, clear voices: "Sleep in heavenly peace . . ."

Ellen and Tiffany sat, sipping wine. The older woman fought the rising certainty that something was very wrong.

"Sean's so sensitive and gentle," Tiffany said, sighing.

"Yes." Ellen looked at Tiffany, who smiled at her with her huge brown eyes. There was such love for Sean within her eyes—Ellen felt her throat tight.

"Ellen, I want to hear more abo him," Tiffany murmured as she rose fill Ellen's glass with wine. She fr as she looked into Ellen's face.

"Ellen! What's wrong?"

So it showed. Ellen drew in a shu dering breath and shook her hea "Tiffany, I just know something's ha pened to Sean! I have to go."

In a moment she was out the do followed by an apprehensive Tiffa Ellen gripped the wheel of her Plymouth as she drove down Ma Street toward the pavilion. The hearsal was just breaking up.

Ellen jumped from the car at t pavilion, where she caught up wi Lenny. "Sean's been out there wi that piling for hours."

Lenny's fat jowls quivered in su prise. "Hours?" He looked after the parting troupe and yelled, "Cal Harry, somebody! I need a boat."

"We're going with you!" Ellen insist

"No, you're not, Ellen." Lenny sho his head, adamant.

Ellen sat with Tiff in the Plymout watching the sky lighten and listeni to the fishermen sweep the harbor. T fany had finally drifted off to slee Ellen grew numb. All at once s knew Sean was dead.

A rumbling throb grew louder. Ni Larson's boat, which had almost h the piling late the night befor emerged from the drifting mist.

Ellen got out of the car and walk to the dock. The men were looki back at the sea, down at the wate anywhere they could but at her. Und a green tarpaulin on the foredeck lay small mound—much too small for grown man.

Ellen was suddenly scrambling ov the rail, heading for the tarp. Nils be lowed in Swedish. His son jumped fo ward and grabbed her arms.

"No!" The boy's icy blue eyes drill into her but suddenly melted in tea "No, Mrs. Brody. Yesus, no . . ."

No tears came from her, none at a The boy held her clumsily, and som one patted her shoulder. Ellen fainte and that was all she remembered.

Michael and his family arrived fro the Bahamas at noon the next da Michael was tanned, stronger, mo taciturn and more self-assured tha Sean had been.

His wife, Carla, a well-known met sculptor, was tall, with tawny, su streaked hair and a wide, slow smile

Their daughter, Thea, blond an brown as a nut, was bundled like a arctic explorer against the cold. Sh had grown from a baby into a vibra child since her last visit, two yea

). Today, she was somber and subdued. The house was full of people trying help. As Ellen came to the door, ke took her in his arms. "Mom, m . . . I'm so sorry."

She nodded. She hadn't cried at all. ying was stupid. What she wanted m her one remaining son was a mise, not tears.

Ellen embraced Carla, then knelt d unzipped Thea from her green ny- cocoon. She hugged her and, look- into her face, asked, "Are you dy for Santa Claus, pumpkin?"

'Will he still come?"

Ellen's throat tightened. "Of course will. For you."

'For all of us, Ellen," murmured rla. "Wait and see."

Later, after everyone had left, Ellen k a walk on Amity Beach with her . The sky was bleak, and the surf s pounding.

'I knew it when he left, Mike. And I n't want it to happen to you."

He stared at her. "To me?"

'You're diving all day long. I want to stop."

'Mom!" He stopped and searched her e. "You can't be serious."

'You're damn right I'm serious. I nt you out of the water."

'I'm a marine biologist! It's my job! d we don't even have Great White arks down there."

'But Mike, that shark was after an. I know it in my bones. And I n't want you to dive."

'I can't promise you that." He pped his arm around her. "Come on, m, we're going home."

t Amity's graveyard on the hill, El- stood stiffly, trying to send ength to Tiffany through their sped hands.

Carla shivered beside Mike. Thea, apped as if for a moon landing, ng blue-lipped to her mother's hand. e three would return to the Baha- s tomorrow, and Ellen would follow o days later, after she took care of an's affairs.

The whole town was at the grave- le. Reverend McCloud's cheerful ice brought no balm at all. "A time weep and a time to laugh . . . "

It began to drizzle.

'Dust to dust," McCloud continued, as not written of the soul."

At last, the casket sank from view. len felt herself breaking down. She ueezed Tiffany's hand, looked into r eyes and then spun on her heel. e raced to her Plymouth. Mike was ddenly beside her. "Mom, wait, I'm ming with you."

She could only shake her head at m. "Alone," she cried. "Please."

She drove to the beach, where the first shark had taken the first of his victims. For a long while Ellen sat in her car, sensing a malevolence in the gray, remorseless waves.

An awful anger burned within her. She opened the trunk and groped in the bundle of things from Sean's locker. She drew his revolver—*their* revolver, it was his father's as well—from its holster and loaded it with bullets from the ancient leather belt. She kicked off her shoes in the sand.

Face twisted, head high, she marched through the drizzle into the surf. She didn't feel the frigid water at all.

Ellen leveled the gun at the ocean and squeezed the trigger. It kicked so hard she almost dropped it. Slowly, deliberately, she fired it five more times.

All the long night the Great White had patrolled the beaches. At dawn, he was a hundred yards off Amity Beach. He heard a distant, sharp report. By the sixth shot, he was swimming at full speed toward the beach.

He felt vibrations in the water. Something was sloshing on the shore.

Ellen slogged from the water, shivering with cold. She was wet up to her waist. She turned to look back at the sea and then headed back to the car.

She hated the surf and the clanging bell buoy she heard above the roar. But, she told herself, in three days, she'd leave all this behind for a new life in the Bahamas.

She sat in her car with the open door and sighed wearily.

Then the tears came. She didn't see the Great White's fin slicing through the icy surf.

The Great White had tracked its target into water too shallow for him. Now he gave up and turned seaward again. He was near the waters where he'd been conceived, sired by a male almost as big as he was. His mother, enormous with her young, had swept through Amity Sound like death itself. Born during her death off Cape North Light, he had been three feet long—a murderous twenty-two-pound replica of his sire.

He was a cold-water animal, but a wanderer. It was a myth that his kind was territorial: Unlike lesser sharks, he ranged for thousands of miles.

His slender brain was subject to impulses and forces that no man understood. Weather, currents or the migration of his prey could change his pattern of travel.

Or other stranger forces man could never understand.

On this hungry morning, impelled by a savage whim, the Great White turned in a new direction. **End**

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Journal Shopping Center

FASHION JOURNAL:
Page 34: Photo, top left: dress, Sylvia Heisel; belt, Betse Johnson; shoes, Ecco; hose, DIM; earrings, Martha Sturdy at Fragments; bracelets, Richard A. Serbin and Martha Sturdy at Fragments. Bottom left: jacket and pants, Perry Ellis Portfolio; shirt, GO SILK for L'Zinger International; earrings, Mark Buck; scarf, Vera; shoes, Cole Haan. Photo, right: camisole, Christian Dior; blouse, Lyn Bowling.

SWEET ON SWEATS
Page 85: Watch, Anne Klein for Sutton Time; skirt, Benetton.

25 SUMMER SIDE DISHES
Pages 90-91: Silverplate bowls from Avventura, 463 Amsterdam Ave., NYC 10024.

MARILYN MONROE
Page 93: Crinolines, Calvin Klein & The Olga Company.
Page 94: "Before" photo: top left, skirt, Joan Vass USA; sweater, Adrienne Vittadini; hosiery, Hanes Lycra; shoes, Charles Jourdan; earrings, Norma Kamali. Center: skirt and tops, Joan Vass USA; hose, Hanes Lycra; shoes, Stephan Kélian; bracelets, Patricia Locke at Fragments. Right: shirt and pants, Anne Klein II; scarf, Hermès; belt, Omega; shoes, Charles Jourdan; jacket, Ralph Lauren; earrings, Richard A. Serbin. Bottom right: top, Norma Kamali; earrings at Fragments; bracelet, Richard A. Serbin.
Page 95: "After" photo: dress, Christopher Morgenstein; gloves, Naomi Misle; shoes, Stuart Weitzman; hosé, Hanes Lycra, earrings at Fragments. Center: dress, Marc Bower; bracelet, Stuart Freedman; shoes, Calvin Klein; hose, Liz Claiborne. Right: dress, Diane Fernet; gloves, Naomi Misle; scarf, Vera; shoes, Stuart Weitzman; hose, DIM.

BARBECUE ISLAND STYLE
Pages 96-97: Pineapple papier-mâché tray, far left, and Italian hand-painted bowl, top, from Connoisseur Collections at Lord & Taylor, 424 Fifth Ave., NYC 10018. Blue bowl with shrimp, far left, and turquoise tray, center, from The Pottery Barn, 231 Tenth Ave., NYC 10011. Turquoise plate, by Taitù, napkins and hand-painted fish napkin rings from Bloomingdale's, 1000 Third Ave., NYC 10022. Fish platters by Vietri and Sasaki cake plate, "Matte Blue" pattern, from Platypus, 126 Spring St., NYC 10012.

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Pages 98-99: Rooms designed by Marilyn D. Glass. Dining room: rubber custom tiles, Allstate Rubber Corp., 105-12 101st Ave., Ozone Park, NY 11416, 718-526-7890; gateleg table, Windsor chair, plate, painting, Bernard & S. Dean Levy Inc., 981 Madison Ave., NYC 10021, 212-628-7088; painted cupboard #4663, Evergreen Antiques, 1249 Third Ave., NYC 10021, 212-744-5664; hobby horse and jug, Bertha Black Americana & Antiques, 80 Thompson St., NYC 10012, 212-966-7116. Bathroom: marble tiles, white "statuario" and black and white checkerboard, Amaru Tiles Inc.*, 979 Third Ave., NYC 10022, 212-750-8804; for distributors nearest you, call 516-752-8999; towel, Martex Luxor Pima/Pistacchio, by WestPoint Pepperell, 1221 Avenue of the Americas, NYC 10020, 212-382-5185; porcelain sink base, Leesam Inc., 124 7th Ave., NYC 10011, 212-243-6482. Child's room: painted checkerboard floor cloth by Timothy Snell, NYC, 212-475-2913; Humpty Dumpty, chair, blocks, Penny Whistle, 132 Spring St., NYC 10012, 212-925-2088; foyer: vinyl tiles, Aronson's, 135 W. 17th St., NYC 10011, 212-243-4993; Star table, America Hurrah Antiques, 766 Madison Ave., NYC 10021, 212-535-1930.
Page 100: Rooms styled by Robyn Glaser, 328 W. 19th St., NYC 10011, 212-741-8174. Kitchen: vinyl tiles/Tajima Inlaid Mikage (MK-104), Pinay Flooring Products Inc., 75 Seabring St., Brooklyn, NY 11231, 718-858-4000; Lune D'Argent polished chrome chair, Beylerian Ltd.,* 305 E. 63rd St., NYC 10021, 212-755-6303; Tippy Jackson table by Philippe Starck, Furniture of the Twentieth Century Inc., 227 W. 17th St., NYC 10011, 212-929-6023. Teen girl's room: vinyl tiles, Aronson's; wicker stool and slippers, The Wicker Garden, 1318 Madison Ave., NYC 10128, 212-410-7000. TV room: Sturbridge rug, #3134 gray, Einstein Moomjy, 150 E. 58th St., NYC 10155, 212-758-0900; TV, The Electronics Center, B. Altman & Co., 361 Fifth Ave., NYC 10016, 212-679-7800; pillows and upholstery, The Futon Shop, 491 Broadway, NYC 10012, 212-226-5825; leopard cotton pillow fabric, Paron Fabrics Inc., 60 W. 57th St., NYC 10019, 212-247-6451; blue cotton pillow fabric, Bosun #6380, Carnegie Fabrics, 18 E. 16th St., NYC 10003, 212-679-7800; glass, "Images," The Pottery Barn, 231 Tenth Ave., NYC, 10011, 212-505-6377.
Page 101: Living room designed by Marilyn D. Glass. "Chilado" rug from The Rosecore Carpet Prado Collection, available in stock and custom sizes and colors, Rosecore Carpet Co., Inc.,* 979 Third Ave., NYC 10022, 212-421-7272; couch, lamp, brown chair, Luten Clarey Stern Inc.*, 1059 Third Ave., NYC 10021, 212-838-6420; green Urbane chair, #7701, Madrid cigarette table, Donghia Furniture *, 979 Third Ave., NYC 10022, 212-935-3713; Piero Fornasetti screen, Muriel Karasik Gallery, 1094 Madison Ave., NYC 10028, 212-535-7851; framed lithograph, "Still Life with Lichtenstein and Leonardo," 1987, OK Harris, 383 West Broadway, NYC 10012, 212-431-3600; faux stone Tripod table, Urban Bob'Kat, 130 Spring St., NYC 10012, 212-925-7170; mohair throw and pillows, Sweet Nellie, 1262 Madison Ave., NYC 10128, 212-876-5775; Alvar Aalto glass vase, D.F. Sanders and Co., 386 West Broadway, NYC 10012, 212-925-9040.
Pages 102-103: Design consultant, Charles Riley, NYC, 212-473-4173. Bedroom: "Cheetah" nylon carpet, Horizon Industries, Inc. (available at carpet specialty stores), P.O. Box 12069, Calhoun, GA 30701, 404-629-7721; bed linens, "Tamar" from Atelier Martex, a division of WestPoint Pepperell; oil painting available through Charles Riley; wallpaper #14217, "Bachelor's Button," William Morris hand-blocked paper, Arthur Sanderson & Sons*, 979 Third Ave., NYC 10022, 212-319-7220; drapery fabric, Marcato moiré/copper #2702, Cowtan & Tout Inc.*, 979 Third Ave., NYC 10022, 212-753-4488. Sun-room: Painted floor by Leslie Horan, NYC, 212-675-7164; hand-painted wallpaper, "Acorn/Sequoia on Mahogany," Joanna Rock Wallpapers, Belden Ave., Dobbs Ferry, NY 10522; tableskirt fabric #GL-2010-2, Old World Weavers*, 979 Third Ave., NY 10022, 212-355-7186. Hallway, stained wood panel, Oasis Studio, 162 W. 54th St., NYC 10019, 212-247-0915; wallpaper #WR-46, "Large Stripe," from The Regatta Collection, available exclusively through Clarence House*, 211 E. 58th St., NYC 10022, 212-752-2890; armchair, Evergreen Antiques. Library: needlepoint rug, Ernest Treganowan, Inc.*, 301 E. 61st St., NYC 10021, 212-755-1050; bookcase, Trevor Potts Antiques Inc., 1011 Lexington Ave., NYC 10021, 212-737-0909; wooden box, Limited Editions, 253 E. 72nd St., NYC 10021, 212-249-5563; handpainted wallpaper, "Rowan/Bone China on Military Green," Joanna Rock Wallpapers; chair fabric #6008.01, Boussac of France, Inc.*, 979 Third Ave., NYC 10022, 212-421-0534.
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VICTIMS OF CULTS

continued from page 48

individuals who have taken an interest in the New Age movement. Some corporations—including Pacific Bell in California, Procter & Gamble, Ford Motor Company and Polaroid—have instituted employee-training programs to increase workers' productivity—programs that, critics charge, have ties to New Age. Some alarmed employees have protested required participation in programs that they say use mind-control techniques and alter not only work attitudes but also personal behavior and values. Others charge that the programs run counter to their religious beliefs. To date, at least two employees have filed suit.

Critics assert that many channelers take an unspiritual interest in their followers' money—a factor, they say, that is this movement's most important parallel with traditional cults. Several years ago, Knight, as Ramtha, advised many adherents to invest in Knight's million-dollar Messiah Arabian horses. People later complained about their investments, and the state of Washington investigated. Knight (who lives in a multimillion-dollar mansion with a Rolls-Royce in the driveway) agreed to a cease and desist order, and she is now voluntarily bailing out investors.

McNeeley's experiences with Ramtha have shaken her, but she, like other former disciples, says the deception is not symptomatic of the whole movement. The lure of New Age is evidently so strong that today McNeeley still consults other channelers.

Cults and Christianity

Cults no longer spring only from Eastern religions, however. "There are just as many groups today coming out of mainstream and evangelical Christianity," says Hawkins of CRI.

In a case that has drawn national attention, Betsy Dayton Dovydenas, thirty-four, the Dayton department store millionairess, sued the Bible Speaks for the return of nearly $7 million she donated while a member—money she says she gave after church leaders exerted undue influence.

Last May a judge ordered the church to return the money to Dovydenas, saying Carl Stevens was guilty of "deceit, avarice and subjugation." The church plans to appeal but, according to its lawyer, it will be bankrupted and forced to close if the ruling stands.

Some three hundred former Bible Speaks members who belong to a support group called 12 Inc. feel membership in the evangelical group is ultimately destructive. After six years, Pat Manchester says, she left the group and Massachusetts, largely because other women in the group told similar stories of sexual advances by Stevens. Today, she attends a local Christian church in Vermont.

What can be done?

Young or old, victims of cults looking for compensation often find themselves unwittingly challenging First Amendment protections of freedom of religion. To avoid such a legal quagmire, anticult activists have sought to distinguish legitimate freedom of speech from destructive cult behavior, which they argue ought not to be protected. According to Michael Langone, Ph.D., director of research for the American Family Foundation (AFF), a research and educational organization in Massachusetts, a destructive cult is defined as "a group that manipulates and exploits its members; dictates how they should think and act; claims an exalted status that sets it in opposition to mainline society; and utilizes mind-control techniques to recruit prospects and make its members subservient."

Such mind control was used in the case of Catherine R. Catherine's daughter found out later that her mother was targeted for recruitment by a "friendly" neighbor who moved in *(continued)*

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VICTIMS OF CULTS
continued

with her, ostensibly to help out. The woman, herself a mental hostage of the group, kept Catherine on a diet heavy in starches, which made her sluggish and weak. She deprived Catherine of sleep and forced her to copy by hand reams of incoherent prose, which made Catherine highly suggestible. What's more, Catherine, like members of many cults, was told that worldly harm and eternal damnation would befall her and her family if she tried to break free.

One of the few legal options for someone trying to separate a family member from a cult is to secure a court-ordered temporary conservatorship by proving that the cult member is mentally incompetent and cannot handle his or her own affairs or estate. But proving such conditions in a courtroom has always been difficult.

As a result, many families have looked outside the law for solutions—namely, to deprogramming—even though such a procedure, when it involves kidnapping and restraining a person, is a felony in most states. In the case of Edith S., her daughter hired two deprogrammers for close to $20,000. They seized her mother and counseled her for a week before her mother denounced the group.

Still, there are other ways for victims and their families to combat cults. "The best way is to make cults obey the existing law, or to catch them breaking it," says Peter Georgiades, chairman of the American Bar Association's Subcommittee on Cult-Related Litigation. Many cults give law-enforcement agencies plenty of material to work with. Groups have been prosecuted in the past for myriad offenses: tax evasion (Reverend Sun Myung Moon, head of the Unification Church, was jailed for more than a year), breaking zoning laws, mail fraud, keeping children out of school, stockpiling weapons (purportedly in preparation for Armageddon), drug trafficking, kidnapping, rape, child abuse, medical neglect, prostitution, extortion and immigration abuses. In some cases, the crime is even as serious as murder: Ongoing investigations into the Hare Krishna sect have led to convictions of two West Virginia commune members for the 1983 murder of a drug dealer linked to the group.

Some cult victims have chosen to seek retribution through civil suits. Earlier this year, a $1 billion class-action suit was filed by more than five hundred people against the Church of Scientology, the group founded by science-fiction writer L. Ron Hubbard, charging that confessions they made in private are being used to coerce them and extort money from them.

Yet for every illegal activity that has been discovered, some observers feel that countless others go unpunished. Part of the problem may be that law enforcement personnel on the front lines—the police—admit they have been slow to recognize cults as the source of much criminality. Ron Cameron, chief of police in Rushville, Indiana, who has coordinated seminars to educate Indiana police about cults, says, "Law enforcement as a whole has been pretty much in the dark about cults and the danger that exists. We have underestimated the magnitude of the problem. That has only recently begun to change."

Perhaps the best solution is prevention. Counselors in a New York City cult clinic run by the Jewish Board of Family and Children's Services stress the importance of keeping all vulnerable family members knowledgeable about cults. If a loved one has already joined a cult, Langone recommends talking with him or her often and at length if possible, reminiscing and repeating how much the cult member is missed, and avoiding criticism.

And there is life after cults. Today Catherine R. lives in a senior-citizen community where she is active and happy, after getting counseling with a group that specialized in the problems of those leaving cults. "My mother is still not as healthy as she was before," says her daughter, Susan. "But we're not wasting time looking back. We have a lot of life to catch up on." **End**

A WOMAN TODAY
continued from page 28

When we arrived home, Moody promised to kill me if I ever left the house again.

Biding our time

As the days wore on, I realized that the only way to get Moody to relax his guard was to make him think that I was ready to accept life here. First, I had to persuade Moody to move us out of Ameh Bozorg's house. The entire family served as my jailers.

Luckily, another relative of Moody's, Mammal, and his wife, Nasserine, unwittingly came to the rescue.

"Mammal has to work all day, and I go to university in the afternoon," Nasserine explained. "We need someone to care for the baby."

Mahtob squealed with joy. Nasserine's year-old boy, Amir, was a bright child. Mahtob loved playing with him.

Finally I had something to do with my days. I did the housework and most of the cooking. Moody accompanied Mahtob, the baby and me to all the food shops. I was becoming familiar with the city. I began to make Moody think his going on these errands was a big chore so he would let me go alone.

On the first shopping trip Moody allowed me to take unchaperoned, I followed his instructions exactly. Then I lengthened my absences little by little, complaining about crowded stores and poor service. On my fourth time out, I decided to risk a call to the Swiss Embassy from a pay phone.

"You got our message," Helen said when I reached her.

"What message?"

"Your husband told you to call?"

"No."

Helen reacted with surprise. She said she had sent Moody certified letters ordering him to bring us to the embassy. That very morning he had finally called the embassy. "He was not very cooperative," Helen said.

A new friend

One morning, with no warning, Moody said, "Okay, Mahtob, today we are going to school."

My heart ached as he roughly carried her off, forbidding me to come along. Her terrified cries echoed in my ears long after she had gone.

Just as he returned, someone called and told him to pick up Mahtob. Her screams were disrupting the school.

When Moody returned with a very shaken Mahtob, he said, "They want you to go and stay in the office while she is in class. It is the only way they will take her." Moody laid down strict rules. "You are to go nowhere until I come for you and Mahtob," he said. "You are not to use the telephone."

"Yes," I promised, with a swallow.

As I sat there the first day, I became aware of the first morning exercise. "*Maag Barg Amrika!*" came the chant from every classroom. "*Death to America!*"

At noon, when Mahtob's classes had ended, Moody arrived to take us home.

The next morning, one of the teachers came to see me. "My name is Mrs. Azahr," she said. "I speak some English. All these women in the office want to know English. While you are waiting for Mahtob, teach them English? And they teach you Farsi."

This is how my prayers are going to be answered, I thought. We can get to know one another. "Yes," I agreed.

As the new year approached, Moody remained as unpredictable as ever, sometimes warm and cheerful, sometimes gruff and threatening. Fortunately, his laziness increased. He began to let us go to school by ourselves and eventually stopped *(continued)*

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bothering to pick us up at noon. As long as we arrived home on schedule, he was satisfied.

One day, through Mrs. Azahr, the principal held a discreet conversation with me: "We promised your husband that we would not allow you to use the telephone and that we would not allow you to leave the building. But we did not promise to tell him if you came to school late."

One morning I took the plunge. Mahtob and I sneaked off to the embassy. I devoured letters from home.

"Things are happening," Helen said. "Some things, anyway. The State Department knows where you are and is doing what it can. We're getting you new American passports. Perhaps sometime they will be useful." Then Helen and another official told me how some people had tried to escape through Turkey.

"That is very dangerous," the official said. "There are people who say they will smuggle you out. They take your money, they rape you, they kill you or turn you over to the authorities. Never agree to such an offer. You would be risking your lives."

Helen agreed. She suggested, "You could get a divorce. I can get you a divorce and permission to leave on humanitarian grounds. Then *you* at least would be allowed to go back."

"Not without my daughter!" I said sharply.

The longest day

Moody was becoming more short tempered. He ignored me while conversing in conspiratorial tones with Mammal and Nasserine.

Suddenly, I knew Moody's plan. I could see it in his eyes and hear it in his voice. One morning he said, "I will take Mahtob to school today. You will stay here." Mahtob and I had been inseparable allies these last eight months. "Please," I pleaded, "let me go with you."

"No!" Flinging Mahtob to one side, Moody threw me to the floor and pounced upon me. He seized my head and banged it repeatedly on the floor.

Desperate, my baby ran out the door screaming for help. Suddenly, Moody turned on his heels and raced after her. The heavy wooden door slammed behind him. Then I heard the sound of a key as he double-locked the door.

When he finally returned, he said sternly, "Do not worry about her. I will take care of her now." Then, after grabbing a few of her clothes, he pushed me roughly aside and left.

In the days that followed Mahtob's abduction, no longer did I pray for a way back to America. I prayed only to be reunited with my daughter.

Two weeks passed, and then I was told Mahtob was sick. "Let me go with you to see her!" I cried to Moody.

"No. You will stay here."

A day passed—the longest day of my life—and then I heard the street door being unlocked. I rushed into the hall as the door swung open. He stood there, holding Mahtob. She was back!

Our lucky break

"Go to this address and ask for the manager," someone instructed me. To reveal the identity of my benefactor would be to condemn him to death.

Mahtob was with me. It was already early afternoon; I could only hope we would make it home before Moody returned from the hospital where he'd started working.

"Come on in," said a man in perfect English as he pumped my hand. "I have been expecting you."

He is known by many names; I called him Amahl. He knew my story. He believed he could help.

"Look," I explained, "I have one problem. I don't want to go without my daughter. If she doesn't go, I don't go."

"That makes it more difficult, but if you are patient—I don't know how or when it will happen—you will both go home. Here are my phone numbers," Amahl continued, jotting them down. "We will not talk much on the phone. You will have to come here."

"Should my parents send money?"

"No. Don't worry about it now. You can pay me back later, from America."

Then summer was over, and it was time for school to begin once more. Mahtob left early each morning. All I had to do was walk her to the bus stop and meet her in the afternoon.

On most days, Moody remained home, working in the clinic he had set up for himself at the apartment we'd finally rented. I lived for Tuesdays and Wednesdays, when he worked at the hospital. I had these days to myself, with liberty to move around the city.

The months moved very slowly. I used the holidays as a goal. I would spend them at home in Michigan, not here. But as Thanksgiving, then Christmas, then New Year's came and went, the calendar revealed nothing but a bleak winter ahead.

Time slowed to a crawl.

"Be patient," Amahl advised.

Snow blanketed the city. The streets turned to a dirty slush. Each morning I woke to deepening despair.

Moody became increasingly cold and quick to anger. He began to limit my freedom again, not allowing me out of his sight. Worst of all, Mahtob was

:hanging. Against her will and mine he was becoming a little Iranian girl.

One night, Moody became even vorse. He yelled at Mahtob and hreatened me.

And then suddenly I heard the siren ınd knew there was an emergency at he hospital. He would have to go.

Streams of unspoken hatred passed ıetween us. He hesitated a moment, hen grabbed his medical bag and eaped into the waiting ambulance.

This is the opportunity I'd prayed for, said to myself. Do something! Now! I uickly bundled up Mahtob, and we tepped into the cold and icy air. We ook two different taxis, covering our racks. Finally, we stepped out onto a now-covered street and found a pay hone. With trembling fingers I dialed ımahl's number. "I have to leave ıow," I said. "It's now or never."

"All right," Amahl said.

A desperate flight

Several days after we had begun hid- ng out in a secret apartment, Amahl isited and said, "You will be leaving onight." He pulled out a map to show ne the route, a long, difficult drive rom Tehran to Tabriz, then farther up nto the mountain country controlled s much by the Kurdish rebels as by he patrolling police.

The smugglers would see us to the ity of Van, in the mountains of east- rn Turkey. From there, we'd have to o on our own to catch a plane or us to the capital city of Ankara and ead straight for the U.S. Embassy. Only then would we be safe. I couldn't elp remembering what I had been old at the Swiss Embassy, but I had o other options.

Soon, two men arrived, and there vas no time to waste. I helped Mahtob ress, then covered my face with my *hador*. For once I was grateful for the hance to hide beneath the black cloth.

The driver headed west through the ity. At the edge of town we paused at police checkpoint. An inspector lanced into the car, pointing his rifle t our faces, but he waved us on.

Tabriz was at least three hundred niles away, and from there it was an- ther hundred miles to the border.

Before long snowflakes began to pelt he windshield. Soon the road ahead vas a mirror of solid ice, but the driver id not alter his frantic speed.

The sun rose upon a frozen, foreign andscape. Mountains loomed above ıs, covered with deep snow.

Finally, somewhere past Tabriz, we ulled up to an abandoned house along country road. A truck immediately ulled up behind us. Mahtob and I vere told to scramble into the truck. ıfter riding a short distance, we were hurried out of the truck and rushed into a nearby barn. The cement walls accentuated the freezing cold. My breath hung in the air in an icy cloud.

Soon a woman entered the barn, dressed in layer upon layer of brightly colored, floor-length skirts. She brought us bread, cheese and tea.

The next morning, the woman came in with an armful of clothing. Working rapidly, she dressed me in the heavy, garish Kurdish fashion.

We were told we would be going part of the way on horseback. But first, Mahtob and I piled into the back of a pickup truck, and we were on our way with yet another driver.

The night before, in the concrete barn, I had thought I could not be any colder. I was wrong. Mahtob and I huddled together in the open back of the truck. Icy wind ripped through us, but Mahtob did not complain.

Four hours after arriving at another house we were led to a horse. Mahtob was lifted up after me. The wind ripped through the layers of clothes. "Try to keep your head down," I said to Mahtob. "It's so cold." I wrapped my arms around her and reached forward to grasp the horse's mane.

Eventually, we encountered a mountain too steep for the horses to carry us. The guide said we had to dismount and struggle on foot. My legs were nearly too weak to hold me.

Mahtob was shivering uncontrollably, but she was alert and silent.

It was then that the guide caught my attention. "Turkey! Turkey!" he whispered, pointing to the ground.

"Thank God," I said with a deep sigh. "Thank God!"

The next day, at the outskirts of Van, we said good-bye to our smugglers and offered our thanks. After a long bus ride to Ankara, we took a taxi to the Embassy of the United States of America. As I paid the driver, Mahtob squealed, "Mommy, look. Look!" She pointed to the American flag, waving freely in the wind.

"Can you believe it, Mahtob?" I said. "We are finally going home!"

Mahtob and I arrived home on February 7, 1986, to find that freedom had a bittersweet quality. My father succumbed to cancer not long after.

Mahtob's readjustment to life in America has been difficult, but she has responded with great resiliency. Since returning to America, I've had to take precautions to prevent Moody from somehow spiriting my daughter back to Iran. Suffice it to say I will do anything to keep her with me. Mahtob and I are now living under assumed names in an undisclosed location somewhere in America. And every day I thank God we're back home. **End**



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MIDLIFE CRISIS

continued from page 89

baby-boom generation have more opportunities than ever before to shape their own lives and to find personal fulfillment, they also have never had so many chances to make *wrong* choices—and, hence, to be discontent.

It's this very burden of choice that sparks women's midlife crisis, whether it comes at age thirty-five or fifty-five. As pastoral psychotherapist Dustin Nichols, D.Min., points out, "Midlife crisis means giving up the idea that you can have it all." And this can be difficult for a generation conditioned to believe that it *could* have it all.

"You're pulled up short," says Miriam, a thirty-nine-year-old sales representative who's frustrated with her career. "You realize that this is *really* your life, not just a dress rehearsal. I sometimes feel that I haven't decided what I'm going to be when I grow up, and yet my hair is beginning to go gray. It's scary."

"A midlife crisis is a period of reevaluation," says Ann Watson, M.A., a clinical psychotherapist in Hanover, New Hampshire, who specializes in midlife issues. "It can involve the painful letting go of many youthful dreams about your potential and the kind of life you thought you would have one day. But it is also a very valuable time of acceptance and renewal, and with this change comes a new sense of freedom and autonomy."

Yet many women don't feel at all in charge as they approach midlife. "The time pinch around age thirty-five sets off a 'my-last-chance' urgency," according to Sheehy. "What a woman feels it is her 'last chance' to do depends on the pattern she has followed so far."

Who am I?

For women raising a family, the panic about what to do with the rest of their lives can hit long before the nest is empty. Jan, forty-six, felt it three months after her youngest child started school. "I knew I couldn't stay home," Jan says. "I needed to be more than Heidi's mom or Ralph's wife. I needed to be a person in my own right. Finally, I responded to an ad in the paper for the position of employment counselor. I didn't even know what that meant. But I applied and got the job."

Seven years later, Jan is an award-winning executive-employment counselor in Atlanta, specializing in mortgage banking. "I feel I'm making a contribution to society," explains Jan. "But it took me a long time to get here. A lot of women may be scared to take the plunge at thirty-nine or forty. They don't believe in themselves, and maybe they're not getting any moral support from their husbands. But they have to do it. It's a shame to be forty-six before you finally feel comfortable with yourself."

What do I really want?

Single women are as prone to these crises as wives and mothers are. Erica, thirty-five, left a budding career at a major Wall Street firm to travel and find herself.

"I had never enjoyed my job," she says. "And even though I was going to law school at night, I realized I didn't really want to be a lawyer. I also had depressing visions of living in my fourth-floor walk-up forever and listening to the neighbors cluck over me, saying, 'Such a nice girl. What a shame she never married.'

"For a year I dated a man I'd thought I might marry and have a child with. But when it didn't work out, I decided I wouldn't base my life choices on my desperation to have kids. I would lead my life according to what made me happy and satisfied as a person. I wanted to know the feeling of loving my work."

Erica traveled in Europe and Africa for two years. Along the way, she finally accepted what friends back home had told her: She should become a journalist. When she *(continued)*



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MIDLIFE CRISIS
continued

arrived in California, she enrolled in journalism school at a state university. And recently, Erica moved in with a man ten years her junior. "My life hasn't exactly been conventional," she admits. "But at least I'm at peace with the choices I've made."

What have I lost?

Baby panic can be one of the most painful aspects of midlife crisis for women, married or single. "I married at thirty-five," says Barbara, a graphic designer, now forty-one. "I made a choice at the time to put my career ahead of starting a family. Now my husband and I have been trying for two years to have a child. I regret that I waited so long. We may never have a baby, but I have to accept that it was a risk I took."

Lisa, a single forty-year-old management consultant who is building her own home, comments, "Once you achieve career success, whatever else is lacking in your life becomes more obvious. Even though I have lots of good friends, I crave an intimate relationship and a baby. I just hope it's not too late for me."

Watson says that this is one of the most painful things for women to accept—that they may never have a husband or family. "I counsel them to become members of the community in special ways," she explains. "One woman I know is teaching skiing to young children. It's important to establish an extended family."

"You don't always get what you want in life, so you should try to accept what you have and make the most of it," says Emily Marlin, M.S.W., president of the New York Association for Marriage and Family Therapy and author of *Taking a Chance on Love* (Schocken Books, 1984). "The important thing is not to feel sorry for yourself." But it may be more difficult for female baby boomers than for any previous generation of women *not* to feel sorry for themselves.

Career go-getters (who believed that if they couldn't control *everything* in their lives, they could at least achieve success on the job) have found to their dismay that the huge size of their own age group may prevent them from reaching their objectives. "Baby boomers face one of the most extraordinary management bottlenecks in history," says Ken Dychtwald, president of Age Wave, an Emeryville, California, consulting firm. "After moving in the fast lane, many realize they'll never get to be president—or even vice-president."

"I never noticed time's passing," says a forty-three-year-old cosmetics executive. "I was forty before I realized I was trapped in middle management and unlikely to make it to the top. Then I realized I had no life apart from my work. I felt duped. But recently friends talked me into joining a video dating service. Now I'm trying to create another kind of life for myself—if it's not too late."

Fear of aging

In addition to financial and career frustrations in midlife, women must face the fact that they will not remain young and beautiful forever. "Most men experience getting older with regret, apprehension," says writer and critic Susan Sontag. "But most women experience it even more painfully: with shame. Aging is a man's destiny, something that must happen because he is a human being. For a woman, aging is not only her destiny . . . it is also her vulnerability." The loss of beauty is equated with the loss of power.

Women today also find that energy, as well as beauty, can flag in midlife. "I always took it for granted that my body would be healthy," says Barbara, forty-one. "Now I notice I get tired faster. . . . I realize I'd better start taking care of myself. But I hate doing the things I've seen older people do, such as changing my diet and having only one glass of wine at dinner. I never thought those rules would apply to me."

Changing relationships

Role changes are a complex part of the crisis of midlife. And the roles of husband and wife can shift at this time. "The power structure in a relationship can change," says Watson. "As a husband discovers his tender feelings and his pleasure in nurturing relationships his wife discovers her new strength and self-confidence. This can prompt a marital crisis. It takes three to five years for this inequality to balance out. Until then, there must be some give and take."

"Sexually, the changes can be very positive," says Marlin. "A woman reaches her peak at thirty-eight, while a man may not be able to have an orgasm as easily then as he could when he was younger. But at this stage men and women pay more attention to the quality of their lovemaking, instead of quantity."

Watson agrees. "Sex therapist Dr. Helen Singer Kaplan says that the 'golden years' are from forty to sixty. Women are more willing to take risks and experiment. And if their relationships are good, there's a lot of playful, inventive sex."

If the marriage isn't good, however, the threshold of middle *(continued)*

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MIDLIFE CRISIS
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age can precipitate an extramarital affair for either partner. For example, a woman entering the business world for the first time will meet men younger and perhaps more stimulating than her husband is, explains Marlin. "She may find a younger man dynamic, even heroic, in contrast to her husband, whose pace is slackening.

"And if the husband is going through his own midlife crisis," Marlin continues, "he may feel the need for a fling to counteract his own sexual-aging process. Or he may simply feel neglected or threatened as he sees his wife becoming a more autonomous person than before."

In such cases, counseling is often required to repair torn marital bonds. But by making her needs known, a woman can guard against her own midlife dissatisfaction with her husband and her marriage.

"The most important thing," says Marlin, "is for a woman to ask herself what she really wants, what is really important to her. Then she must explain her needs to her spouse, children and friends. Too many women go through life catering to the needs of others and building up resentments because their own needs are unmet."

Where do I go from here?

In truth, the high point of midlife is when a woman fully realizes that her happiness and self-fulfillment depend on no one but herself. Cheryl, who managed to combine a career with marriage and motherhood in her early thirties, was in her forties before she paid attention to her lifelong dream.

When Cheryl met her husband, Paul, at college, she'd been riding and competing in horse shows for ten years. She even dreamed of joining the Olympic equestrian team.

But when at twenty-three she married Paul, her dream of riding in the Olympics faded. They moved overseas for several years—Paul was an engineer—and then returned to Chicago. Both thirty, they were ready to start a family. Paul found work at a large corporation, and Cheryl began a promising career in publishing.

"By the time my children were in grade school, I had a panicky feeling," recalls Cheryl. "I began gaining weight. Nobody noticed. To them, I looked like an ordinary, pleasingly plump thirty-five-year-old. And after all, what did I have to complain about? I had a wonderful marriage, two beautiful kids and a great job. But I couldn't help feeling I wasn't doing what I'd been put on this earth to do. Something big was lacking in my life.

"At one point I said to myself, Well, this is just the way life is. Paul and I were talking about moving out of the city to the suburbs, and I knew I could never quit my job because we would need my salary to pay the mortgage. So I just accepted the fact that I would get up every morning and make the 7:23 train. I'd have a job I liked but wasn't everything to me. I wouldn't spend enough time with my kids or be able to ride, and I'd be fifty before I knew it!

"Then a good friend of mine died of breast cancer," Cheryl goes on. "She was my age. And suddenly this shocked me into realizing I'd been denying an important part of myself: I wanted to ride again. My husband was very supportive, and I began to get myself into shape. After I lost weight, I started spending Saturdays at a stable near our home. Somehow I impressed the stable owner with my ability. I still couldn't afford to have my own horse—another lifelong dream—but I began coaching some kids, unofficially, and soon the stable owner asked me to teach a few classes.

"Eventually I became so involved in the riding school that the manager offered me a full-time position. It was a fraction of the salary I'd been making in publishing, but I didn't hesitate for a minute. And since then, I've felt like a whole person. I feel genuine. I've never regretted my decision, and neither has my husband or my kids."

Psychologists have pointed out that just as the human body requires vitamin C, the human soul genuinely needs spiritual nourishment. A woman can ease her transition into midlife by nurturing the secret dreams within her heart, as Cheryl did, or by reaching out to others. For example, Mary, an unmarried lawyer, now derives real satisfaction from writing wills for AIDS patients on Friday nights instead of looking for Mr. Right.

By strengthening connections with family, friends and community and accepting ourselves for who we are, we can help make the future seem more of an adventure and less of a threat. Standing on the threshold of middle age, we can mourn our lost youth, but we can also cherish our newfound confidence and determination to make our lives count.

"In midlife, there's a new, incredible feeling of security and freedom," claims Sonya Friedman, *LHJ*'s psychology columnist and author of *Smart Cookies Don't Crumble* (E.P. Dutton, 1985). "You've come to terms with yourself and who you are. It's a time for women to go after what they really want out of life." **End**

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By Ann Pogatsias



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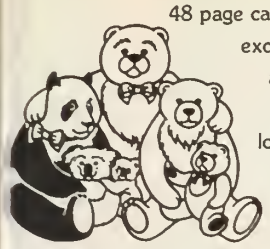
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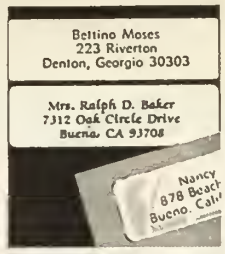


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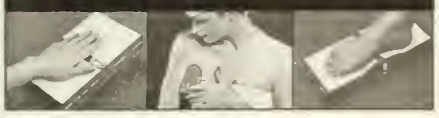
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by Janet Matthews

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—*Sandi Marrow, Lutz, FL*

Recently my four daughters all had the chicken pox, and I had a miserable case of hay fever. As I tucked five-year-old Lisa in bed she prayed aloud, "Please, Lord, make my red spots go away, and let my sisters feel better, too." Then she turned to me and asked, "Mom, is your hay fever worth praying for?"

—*Susie Bullock, Somerset, NJ*

My son Mark, aged nine, was in his room studying fractions when he called out to me, "How many eighths are in a whole?" Before I could answer, his four-year-old brother, Kurt, asked, "How big is the hole?"

—*Virginia Hartle, Jacksonville, FL*

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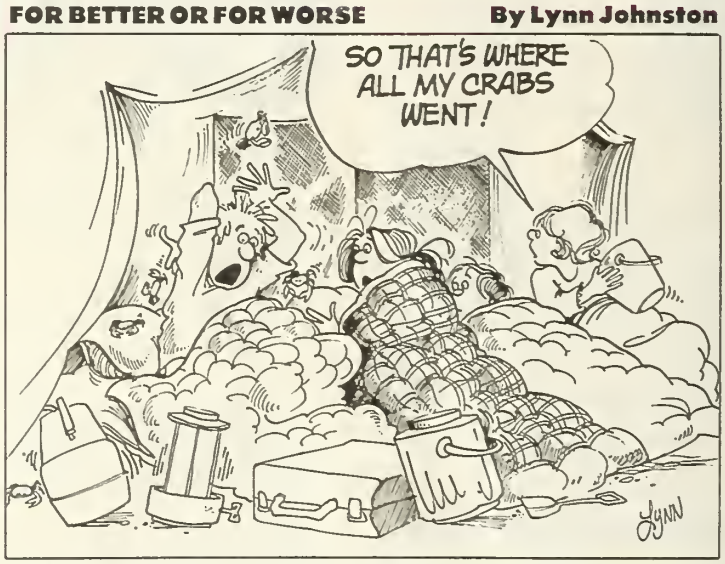
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FOR BETTER OR FOR WORSE **By Lynn Johnston**



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Tom Arma

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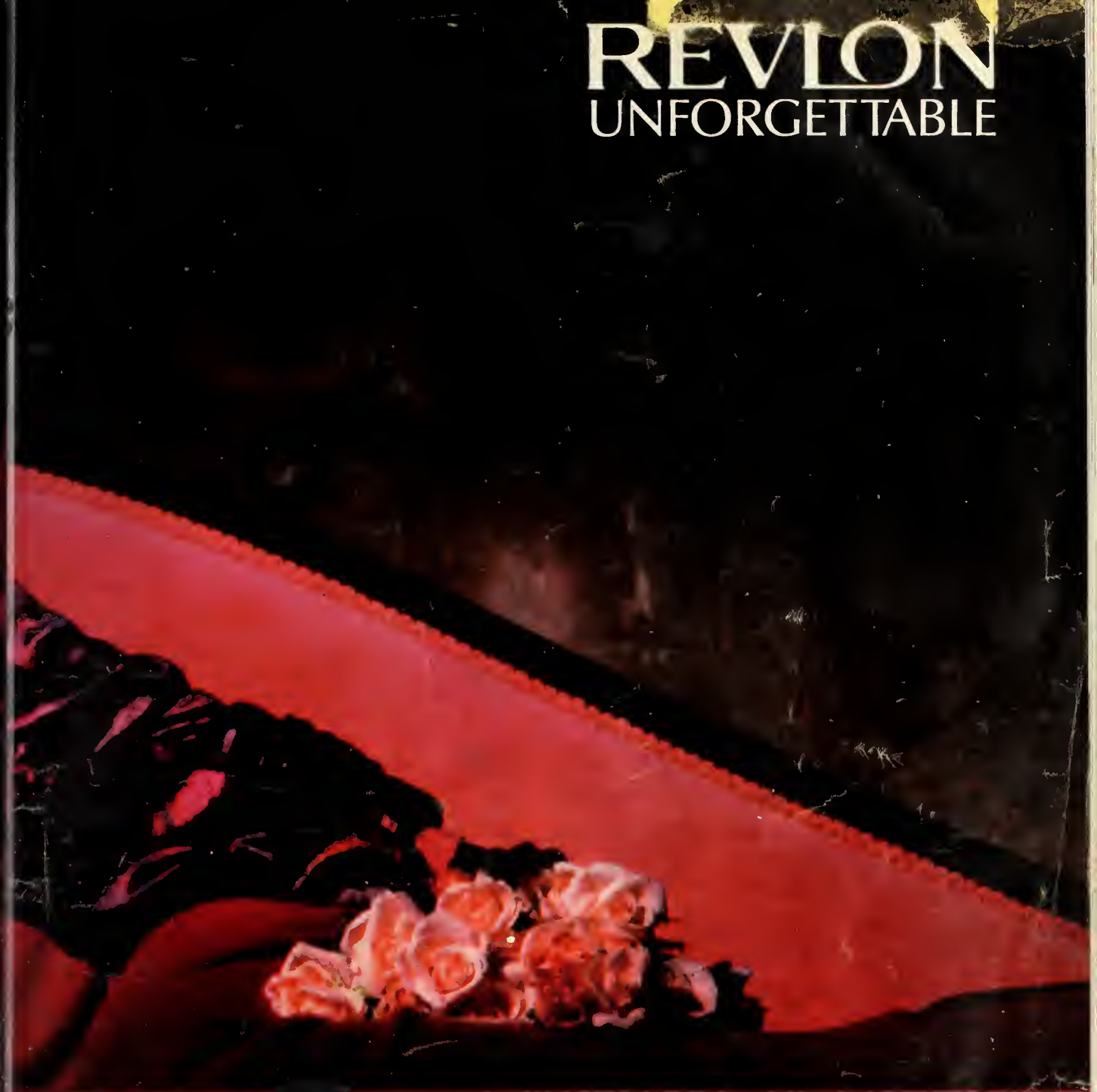
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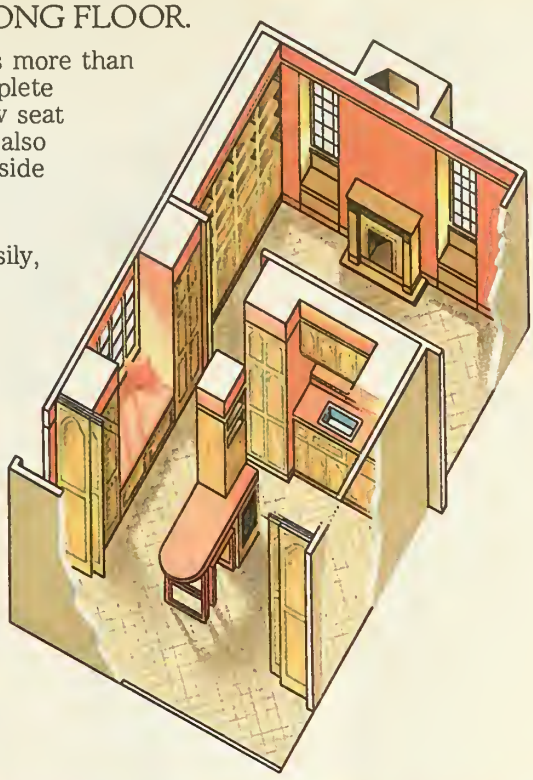


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EDITOR'S JOURNAL

By Myrna Blyth



Julie Summerford

Helen Boehm, Myrna Blyth and the Mute Swan sculpture from the White House collection

Moscow, Michener, moms and more



John Kings

James Michener's *Legacy*, a tale of patriotism, is sure to be another best-seller

In our last issue, *LHJ* wrote about what a tough job it is being America's First Lady. Since then I've gone to Moscow and met Raisa Gorbachev, wife of Soviet leader Mikhail Gorbachev. And I've found out it isn't easy being First Lady in the Soviet Union either. See page 98 for a report on our conversation. I met Mrs. Gorbachev at an exhibition of Boehm porcelain. At the reception, Helen Boehm, the exuberant head of the Boehm Studio, told me this was the first time American porcelain sculpture had ever been exhibited in the Soviet Union. The show was a big hit, and Leningrad's famed Hermitage Museum placed a piece of Boehm sculpture, the American Bald Eagle, in its permanent collection.

Another big hit this fall is sure to be James Michener's new novel, *Legacy*. You'll read an excerpt from the book, which seems to come straight out of today's headlines, on page 104. Excerpts from a number of Michener's megabooks have appeared in the *Journal*. It's nice to have the work of one of America's favorite writers in our pages once again.

As every mother knows, September is back-to-school time, and in this September issue you'll find an extra-special back-to-school section full of information, ideas and advice (starting on page 47). This fall the mother-of-the-year around here is our superb Managing Editor, Mary Mohler, who also oversees *LHJ*'s new expanded "Parents' Journal." Mary, who hails from Pease, Minnesota (population 173), is a former college teacher who gave up Chaucer for *LHJ*, and we're glad she did. Mary is Mom to Elizabeth and David, and by the time you read this, she'll be a mother a third time. What a managing editor! What a busy, busy woman!



Managing Editor Mary Mohler with David and Elizabeth and baby (about to come) makes three

Hope your family had a great summer and that this will be the best school year yet for your children—and mine!

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My husband doesn't want a baby

By Ellen Switzer



Ardith Truhan

This case is based on information from the private practice of Warren Erickson, A.C.S.W., director of professional services, Family Counseling of Greater New Haven, Connecticut. The story reported here is true, though names and other details have been changed to conceal identities.

Joan's turn

"WHEN ANDY AND I GOT MARRIED three years ago, I'd assumed we'd have a family as soon as we could afford one," said Joan, a natural-looking beauty of thirty-six. "Now, when the time has definitely come for me to get pregnant, I find the idea doesn't appeal to Andy at all. He believes babies torpedo happy marriages and that we would be much happier without any encumbrances.

Joan yearned for a child—and she thought Andy did, too. Could she live with her husband's change of heart?

"I love Andy very much, but I can't imagine spending my whole life without even one child. I come from a large, loving family. That kind of life is very important to me; I thought Andy felt the same way. Last summer at my family's annual reunion, he had a ball playing with my nephews and nieces.

"Unfortunately, I don't have too much time to wait while Andy makes up his mind. I can hear that biological clock ticking away. My chances of having an infant with birth defects go up every year. Andy says I could always have amniocentesis, and if anything was wrong, I could have an abortion. But that idea terrifies me.

"Frankly, having all this come out now has been a real shock. It's not like Andy and I married on a whim. We dated for two years after we'd met at a friend's house, and I thought we had really gotten to know each other well before we settled down.

"Clearly, I was wrong. Andy is throwing a million roadblocks in our path now. For instance, money is suddenly a problem, which I don't understand. Both of us have very good jobs. I earn about twenty thousand a year as office manager in an insurance firm. When we met, Andy was a production coordinator in a large manufacturing plant. Just before we got engaged, his company offered to send him to management and computer science courses. He'd been told that after he finished the additional training, he'd receive a big promotion and raise.

"Though Andy would be on reduced salary while he was in the work-study program, he decided to go for it. With one salary and our savings, we would do just fine. We were even able to buy a house last year. It's not in the most fashionable neighborhood, and it needs work, but it has two bedrooms and a small fenced-in yard—perfect for our future family, I thought. But two weeks ago, Andy turned the second bedroom, which I had meant for a nursery, into a study. He even put a computer in it. Now he says he wants to buy this expensive white leather couch for the living room. I like to have nice things, too. But those are just not my priorities now. *(continued)*

REFLECTIONS ON LINDSAY

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CAN THIS MARRIAGE BE SAVED?

"What's more, in the months before we married, whenever we discussed our future, I'd always said that as soon as Andy completed his courses we would start our family. He didn't object at the time, so two weeks after he graduated, I stopped taking birth-control pills. I didn't bother to announce this, because I had thought getting pregnant was part of our overall plan. When Andy noticed that the pills weren't in their usual spot, and I told him why I had stopped, he didn't say anything. But before long, our sex life came to a virtual halt. Suddenly, Andy was either too tired to make love or he would announce a great movie was on the late show. He'd keep the set on until I was safely asleep.

"Andy says that maybe next year he'll feel differently, but he obviously doesn't understand what I'm going through. And in the meantime, the intimacy we both cherished is a thing of the past. I really don't know what to do. I want my marriage to work, but the idea of leading a childless life is absolutely unthinkable to me."



Ardith Truhan

"Why can't Joan wait a few more years to think about having kids?"

Andy's turn

"I want to make one point very clear: I love Joan, and I don't want to lose her," said Andy, a tall, handsome man of thirty-seven.

"I thought, too, that we had agreed on the kind of future we both wanted. Our marriage, at least until Joan stopped taking the Pill without letting me know, seemed ideal. We both worked hard, but we also had a lot of fun: hunting for our new home, fixing it up, making new friends. I assumed Joan was as happy as I was.

"When I discovered she had stopped using birth control, I was appalled. How could she try to get pregnant without discussing it with me first? Don't my feelings matter? Sure, we had talked about a baby. We'd also talked about a boat.

"I've seen what children can do to a relationship. My own parents are a perfect example. I suppose my mother and father must have had some romantic feelings for each other when they were first married, but for as long as I can remember, none were evident in our home. With Mom, the kids always came first. That's all there was to it.

"I remember the terrible fights they would have whenever Dad suggested they go away for a weekend and leave us with my aunt. After a while, he just stopped asking. By the time I was ten, he would regularly take fishing trips with his friends, leaving Mom to take care of my brother, my sister and me.

"Mom never asked for much for herself—I think she bought her clothes at a thrift shop—but she nagged Dad to death to provide the best for us. She complained constantly that he didn't make enough money. I have the feeling Dad was often lonely and that he came to resent his children. Who could blame him? Anyhow, my father and I were never close. Though I knew that Mom wanted only the best for me, I still resented her domineering ways.

"I have seen other marriages deteriorate, too, as soon as a baby arrived. One of my cousins was divorced after he and his wife had two children in the space of three years. I thought they were really in love, but in almost no time Annie, his ex-wife, changed from a fun-loving, pretty woman into an overweight shrew. My cousin has to pay alimony and child support; he has almost nothing left for himself.

"I know I sound selfish and immature, but I still want some fun out of life. I think I'm entitled—I've worked hard. I'd love to travel and to remodel and refurnish the house. I want it to look elegant so we can invite friends over and feel proud of what we've accomplished. Joan had said she wanted those things, too. With my new salary added to hers, we can finally do it. But if Joan quits her job, and I have to support a family, plus save for a child's college education . . . I don't know how we can make it.

"Why can't Joan wait a few years to think about having kids? Perhaps by then, I'll have adjusted to the idea. I know if Joan would agree to use birth control again, our sex life would improve immediately. We need each other. But I don't think we need a baby, at least not right now."

The counselor's turn

"Joan and Andy made a classic mistake early in their courtship: They confused talking with communicating, daydreaming with planning. Both had truly believed that they had agreed about the kind of life they wanted . . . but neither really understood what was most important to the other," said the counselor.

"When Joan talked about having a baby, she assumed Andy took her pregnancy schedule as seriously as she did. In truth, she saw what she wanted to see, because she really didn't have much evidence that Andy wanted to be a father.

"For instance, at her family's annual summer picnic, Joan would watch her husband playing ball with one of her nephews or pushing a niece on a swing, and she pictured him doing the same with their own child. Unfortunately, that was the farthest thing from Andy's mind. He was simply having a good time, not practicing being a dad.

"Similarly, Andy dreamed about buying a boat or furnishing their home as soon as his training was complete; he assumed Joan did also. After all, on their window-shopping expeditions, she had admired the white leather couch as much as he had. Each had interpreted the other's casual interest as an indication of serious intent.

"Joan and Andy obviously loved each other deeply and wanted to preserve their marriage. But the issue of whether to have a child was an explosive one for them, and they had to reach a compromise both could feel comfortable with. Our first step was to analyze the unconscious fears and motives that prompted their respective behavior.

"Joan, for instance, had heard that biological clock ticking even before she had married Andy. In many ways Andy was the right man for her, but she may have sensed he wasn't ready to commit himself to fatherhood. As a result, she may well have skimmed too lightly over the very definite schedule she had set for her pregnancy, *(continued)*



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CAN THIS MARRIAGE
continued

all the while eagerly admiring the accoutrements of a lifestyle that might not, at least in the near future, include a child.

"Andy, on the other hand, had no intention of playing second fiddle in his wife's life. He worried that Joan, like his mother, would stop being a wife when she became a mother. Because a similar situation had occurred in his cousin's family, he was genuinely terrified he would lose Joan as a companion and as a lover if they started a family.

"These fears were justified, Andy thought, when Joan stopped taking the Pill without telling him. Andy was furious; he felt betrayed. And his response was to withhold sex.

"Once I pointed this out to them, Joan quickly understood that in subtle and subconscious ways she had deceived Andy about her intentions. However, it took Andy longer to understand his own motivations. Though he kept insisting he was too materialistic and selfish to be a parent, he was underestimating himself, I felt. Nothing in his behavior showed extreme selfishness, and unlike many materialistic people, he had never indulged in luxuries at Joan's expense. In fact, his indulgence in luxuries was limited to window-shopping and daydreams.

"During one early session, I asked them both to write down what they wanted out of life right now as well as what they thought they might want twenty years from now.

"Joan's answer was predictable: She wanted a family, and she could easily imagine what it would be like to watch her children grow.

"Andy was unable to foresee his life much beyond the next year or so. However, as we studied each idea for the future to its conclusion, he saw that the life he was picturing for himself might be emotionally empty. For instance, I asked who was going to live in the large, exquisitely furnished house he was planning. When his friends spoke with pride about their children's accomplishments, would he derive the same pleasure from talking about his boat?

"One comment Joan made was instrumental to Andy's progress. 'Even if I can't persuade Andy to have a child,' she had said, 'I still want to stay with him. Important as motherhood is, my marriage means even more to me.' Deeply moved by his wife's confession, Andy understood for the first time that he didn't have to worry that Joan would abandon him for their child and that perhaps he had also wrongly attributed certain characteristics to Joan. After all, she was nothing like his mother or his cousin's wife.

"Once Andy felt more comfortable in counseling, he was better able to picture his future as a parent and even as a grandparent—and to take pleasure in it, too. At the same time, I encouraged him to read some information on the potential medical problems of late motherhood. Until he did, he had not truly understood that the biological clock Joan kept talking about was indeed a reality and not just another pressure tactic to coax him into letting her have a baby.

"Still another fact emerged in counseling that helped Andy feel more secure. Joan made it clear that she had no intention of stopping work and staying home for the rest of her life once she had a child. She planned, she explained, to ask for a six-month maternity leave, then go back, probably part-time at first but eventually full-time. This was enormously reassuring to Andy; he would not have to be the sole wage earner, nor would he become like his father—under constant pressure to earn more.

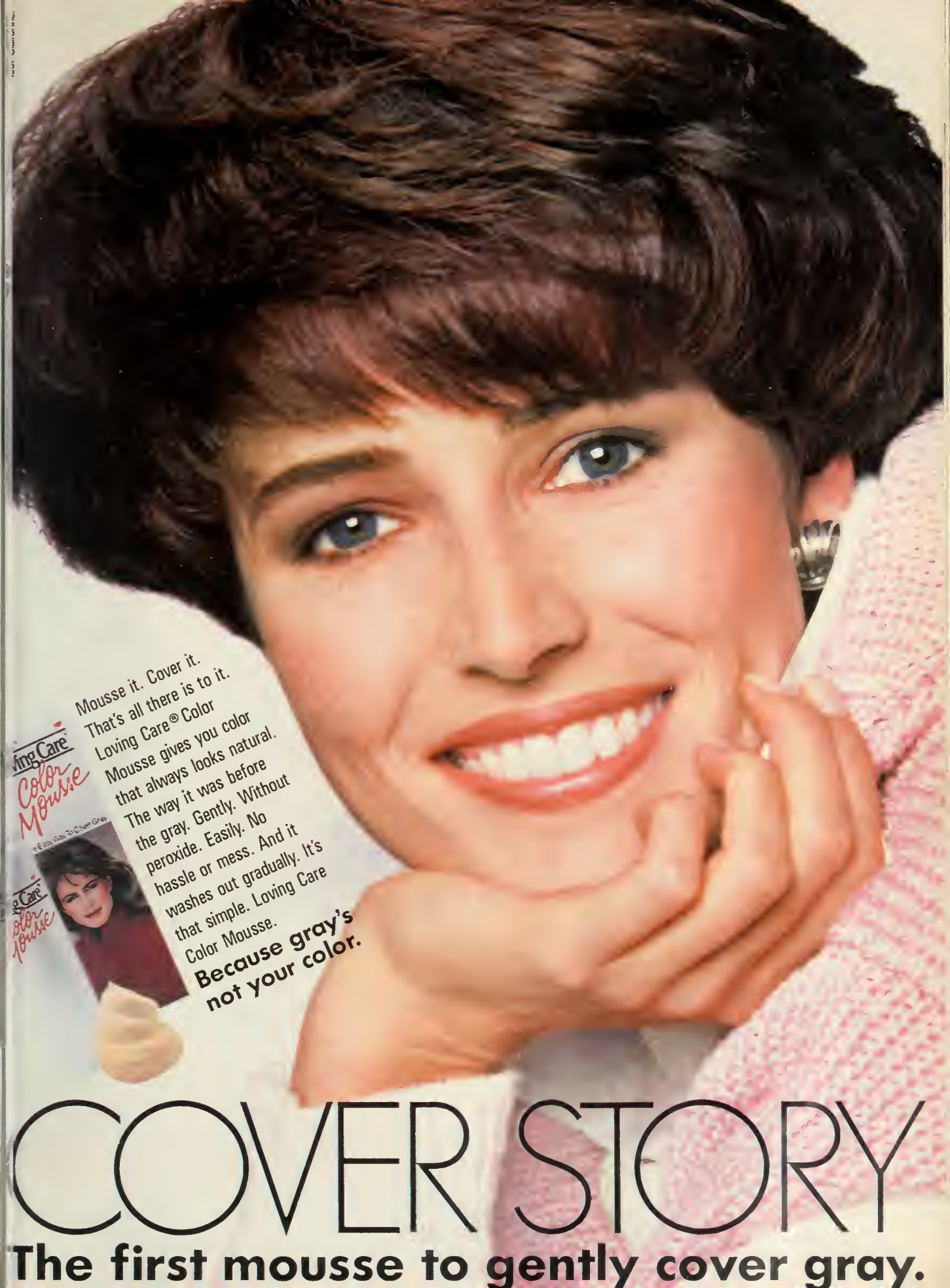
"During the six months that they were in counseling, Joan and Andy had maintained an uneasy truce regarding their sex life. But by the time therapy ended, they agreed that Joan would stay off the Pill and let nature take its course. When I ran into them at the supermarket last week, I knew they had finally learned to communicate with each other. Joan was glowing—and seven months pregnant.

"'And you know,' Andy said with a smile, 'shopping for cribs and changing tables is almost as much fun as shopping for a boat.'" **End**

Coming in **OCT**

Don't miss our heartwarming excerpt from the upcoming book *Fighting for Tony,* the true story of a young boy who was misdiagnosed as autistic but was saved by his mother's love. In the October issue of *Ladies' Home Journal.*

On sale September 15

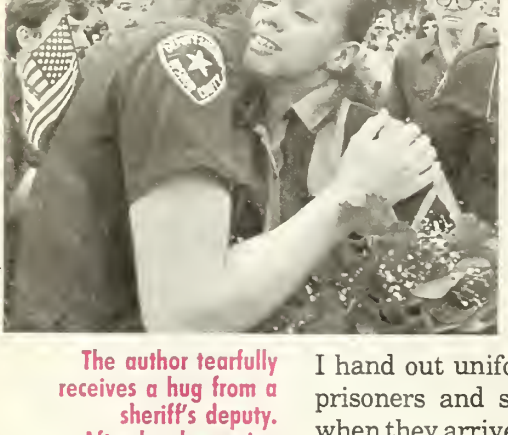

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PLEASE DON'T HURT ME!

By Rosalie Williams

July 9, 1986, started out as an ordinary day in the quiet town of Gilmer, Texas, where I live. That morning, after my husband, Eddy, left for his job as a highway patrolman, my four-year-old son, Ray, and I did some chores around the house. At two-thirty I dropped Ray at the baby-sitter's. I kissed him good-bye and told him I would pick him up right after work. Then I headed to the Upshur County Jail, where I work as a jailer and dispatcher.

I love my job because there's never a dull moment. As a dispatcher, I answer all the emergency calls and then dispatch police officers wherever they're needed. I get lots of phone calls from people with all kinds of problems—ranging from barking dogs to suicide threats. I try to be as sympathetic as possible, and I try to keep the caller calm until help can get there. As a jailer, I hand out uniforms and shoes to new prisoners and search female inmates when they arrive.



Jane Sonnenmair/Dallas Life Magazine

The author tearfully receives a hug from a sheriff's deputy. After her harrowing experience, the town honored her with a parade

Usually during a shift at the jail, a male and a female jailer work together. But that day the sheriff was short of men, so another female jailer, Stacy Mullinex, and I were paired. As usual, we checked the inmates hourly, answered phones and dispatched calls. The only problem was with a prisoner, Jerry McFadden.

McFadden calls himself "The Animal." He weighs over two hundred pounds, and tattoos cover much of his body. He'd served two prison terms for rape and had just been rearrested after three local teenagers—best friends and outstanding students—were brutally murdered during an outing to a nearby lake. McFadden had been charged with capital murder and was being held in an isolation cell while he was awaiting his trial.

I had always thought my job at the county jail was perfectly safe—until the day a dangerous prisoner escaped

Every prisoner gets to make two phone calls each week, and McFadden kept yelling to Stacy and me that he wanted to call his wife. To get to the phone, prisoners must be escorted out of their cells. We told McFadden that he would have to wait until after five o'clock, when a male officer would come on duty.

At six-thirty, after deputy Ken Mayfield had arrived, McFadden again asked to make a phone call. I glanced up from my work to see Ken let McFadden out of his cell and lead him down the hall. When I looked up again seconds later, I saw Ken lying on the floor in a pool of blood. McFadden held a long piece of iron pulled from his cell window and was dragging the deputy into our office.

"I want the key to my cell," McFadden barked at Stacy and me. We were so terrified that we couldn't find the key. When we finally *(continued)*


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located it, McFadden ordered us to pick up the bleeding deputy and walk to the isolation cell. I had never been more frightened in my life, but I knew we had no choice but to do whatever McFadden demanded.

When we reached the cell, McFadden shoved Stacy and the deputy inside. I started to follow them, but he pulled me out. "No, Rosie, not you," McFadden said. "I need you. Now lock the door."

I'm going to die, I thought. I envisioned him taking me to the woods and raping and killing me. I was terrified, but I also knew that nothing mattered except trying to stay alive.

McFadden ordered me to find him a change of clothes and some money, and he asked for my car keys. Then he grabbed a gun out of the jail's gun box (where every police officer is required to put his gun before entering the jail) and pressed it into my side. All I could think of were those teenagers who had been murdered.

"Please don't hurt me," I begged.

McFadden told me he wouldn't harm me, but I didn't believe him. We got into my car, and he drove toward the woods. I felt certain he would kill me.

McFadden drove like a maniac, speeding down little country roads at more than eighty miles an hour and running people off the road. He looked very angry, but he also seemed scared.

As he drove, I kept glancing at my watch. I knew that in a few minutes, at seven P.M., another deputy would come on duty and discover Stacy and Ken. I prayed that the police would find me before it was too late.

We had driven for only fifteen minutes when the road ended in a thicket of woods. McFadden was furious. He tried to drive through the trees, but the car couldn't make it. Finally, he decided to ditch the car. He grabbed me by the wrist, pointed the gun at me and pulled me into the woods. As long as McFadden had the gun, I knew escape was impossible. Frantically, I wondered if I would ever see my husband and son again.

For seven hours on that hot, humid night, McFadden dragged me on through the forest. Several times we had to wade through snake-infested creeks and rivers. I kept falling, but McFadden always managed to pull me to my feet.

Whenever we stopped to rest, I thought that McFadden was going to rape me. He would play with the gun, finger the trigger and look me up and down. But I was filthy with sweat and mud. And as I got hotter and dirtier through the night, McFadden began to sit farther and farther away from me. Suddenly I didn't mind the discomfort so much—I was actually grateful for the way I looked and smelled.

At about two A.M. we came upon three vacant boxcars parked on the railroad tracks in the town of Big Sandy. McFadden hid us in one of the boxcars. Then, for the next twenty hours, he talked almost constantly. From what he said, it seemed that he felt a lot of anger and hatred, especially toward his family and the people who lived in his hometown. He told me that when he was a child he'd felt he needed psychological help, but no one had ever paid attention to him. As he talked, I pretended to keep listening, but because I was so scared, his words just became a hum in my ears. I felt totally numb, as if my body were on automatic pilot.

At times McFadden would get so angry that I'd talk to him and try to keep him from getting violent. "It's going to be all right, Jerry," I'd tell him. Sometimes that would soothe him. Other times he would fly into a rage and yell at me to shut up.

I kept thinking about Eddy and Ray, praying that I would see them again soon. At one point, McFadden asked me if I was married. I feared that if he learned Eddy was a police officer he'd kill me for certain, so I told him I was single. Fortunately, McFadden hadn't noticed my wedding

(continued)

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A WOMAN TODAY
continued

rings, and when his head was turned, I slipped them into my pocket.

At daybreak McFadden began listening for passing trains. He was determined that we would hop one that day. But the trains that went by were traveling too fast, he told me.

As the day wore on, the summer sun turned the boxcar into an oven. I hadn't had anything to eat or drink, and I began to feel faint. The grueling hours we'd spent running through the woods had exhausted me, but I forced myself to stay awake. McFadden hadn't slept either.

By nighttime, I was severely dehydrated and beginning to lose my senses. I was hallucinating, breathing quickly and losing the feeling in my legs. I knew I needed something to drink and eat or I'd pass out. "Please, Jerry," I said. "I need some water."

McFadden was hungry and thirsty, too, and he agreed to find some water. I was so weak and helpless that he left me in the boxcar without tying me up. He didn't think I could possibly escape. Neither did I.

When McFadden jumped out, I realized that this was my only chance. I tried to pull myself to my feet, but my legs were numb. I collapsed back onto the floor and lay there for a few minutes. *My only chance to get away, and I can't help myself,* I thought in frustration. Then I heard an inner voice say, "Yes, you can. Just get up. Pull yourself right up, Rosalie."

And I did. Using all the strength I could muster, I stood up. I looked out the boxcar door and I saw McFadden fighting off a dog that had seemingly come out of nowhere. His back was to me. Quickly, I jumped out of the boxcar and crawled through the grass. Then I started running. Suddenly, I had enormous strength. I couldn't believe it. I had never felt so strong. I kept running and didn't look back.

In a few minutes I came to a house. I pounded on the door, yelling and screaming. The door was open, so I ran right inside.

A boy rushed from the back of the house to my side. "Don't cry, lady," he told me. "I know who you are. I just saw you on TV." That's when I learned that I had been the subject of one of the biggest manhunts in the history of east Texas. Approximately six hundred law-enforcement officers had been searching for me and McFadden.

When the boy's parents saw me, they embraced me. They called the police and then stood watch with a gun in case McFadden showed up.

The police arrived in minutes. One got on the radio and with tears in his eyes announced, "I have dispatcher Rosalie Williams. She is all right."

They told me that Eddy was looking for me, so I called him over the radio. I could hardly talk, I was crying so hard.

When Eddy arrived we held each other tightly, and I couldn't stop sobbing. (That day was Eddy's thirty-third birthday, and we had never had more of a reason to celebrate.) Eddy took me to the hospital, where I remained overnight for observation.

The next day, Friday, I went home and finally saw Ray. That whole day, we had a wonderful family reunion. Later, we learned that McFadden had been caught, and I was greatly relieved. On Saturday, the whole town welcomed me home with a parade.

Today, my life is back to normal, but in some ways, I've changed. Although I don't know if I will ever forget the terror I felt, I do know my experience has taught me to have a greater appreciation for my family, the people who live in my town and for life itself. Most important, I have learned that I am strong. I am a survivor. **End**

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Z-301



Shape up for minis

Tohru Nakamura

Get a leg up on fall fashion with tips for great gams

zap spider veins

Now that hemlines are reaching new heights, you'll want to rid legs of unsightly spider veins. Here's how, according to Diana Bihova, M.D., clinical instructor of dermatology at New York University Medical Center. Just what are those ugly little spider veins? They're small, dilated blood vessels in the shape of a pinwheel near the skin's surface. They can be inherited or the result of pressure on the vein wall—especially during pregnancy. They tend to form in areas of greatest strain—below knee, middle of thighs, around ankles.

■ Prevent the problem from getting worse by regularly doing leg exercises and propping legs up periodically for a rest. Avoid standing or sitting for too long or over-exercising legs in a way that can strain them. You may find relief by wearing support hose, which compress veins and boost circulation.

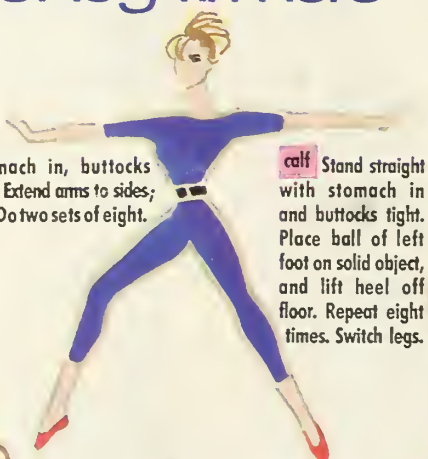
■ To banish spider veins, your dermatologist or other physician can perform sclerotherapy—injecting the veins with a fine needle filled with a sclerosing solution (most often a concentrated saline solution), which irritates the vessel wall, stops the flow of blood and eventually makes spider veins disappear. The injections may cause a temporary localized burning sensation and mild discomfort. Both can be relieved with aspirin substitute. Although veins will look even more noticeable right after treatment, they will disappear completely in a few weeks to a few months. Two or three treatments are usually necessary, depending on the severity of the problem. You can resume regular activities immediately after treatment, but you must avoid vigorous exercise for twenty-four hours and stay out of the sun until inflammotion disappears. Post-treatment regimen includes daily massage with an antibacterial ointment. Never undergo sclerotherapy during pregnancy or any type of hormonal treatment, or if you have a history of phlebitis or pulmonary embolism.

■ To camouflage veins, use a waterproof cover-up cream containing titanium dioxide or zinc oxide. Using a cosmetic sponge, pat cover-up onto clean, moisturized skin. Set with loose powder applied with a puff. Look for Lydia O'Leary's Covermark Leg Magic and Dermablend's Corrective Cosmetics Leg Cover.

failproof leg firmers



inner thigh Lie as shown. Tighten leg muscles; bring knees to chest. Grasp arches; squeeze knees together. Do two sets of eight.



quadriceps Stand, stomach in, buttocks tight, feet apart as shown. Extend arms to sides; lunge from side to side. Do two sets of eight.

hamstring Lie flat as shown. Flex right foot, bend knee, squeeze buttocks, and slowly raise and lower leg. Do two sets of eight. Switch legs.



calf Stand straight with stomach in and buttocks tight. Place ball of left foot on solid object, and lift heel off floor. Repeat eight times. Switch legs.



David Croland

Exercises designed by Lori and Dana Pollan and Karen Austen of Pollan and Austen Fitness, NYC

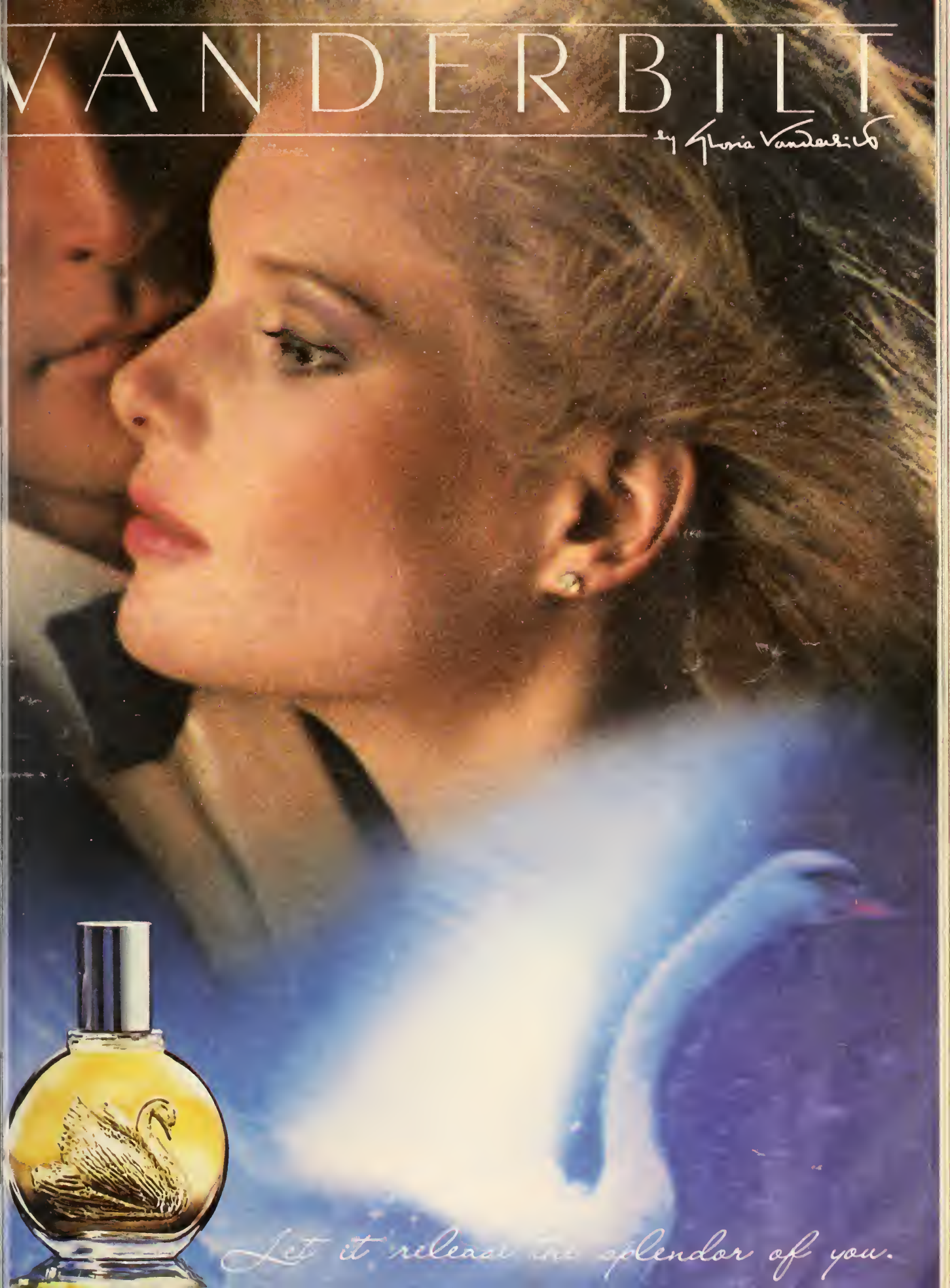
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do you have the eyes of the '80s?



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Celebrity eyes, top to bottom: Audrey Hepburn, Madonna, Linda Gray, Isabella Rossellini

OFFICIAL RULES

1. To enter, submit an unretouched, full-face color photograph (from the neck up only) of yourself (3½"x5" to 5"x7"). Hand print your name on the back of the photograph. No slides or transparencies will be accepted.
2. No purchase necessary. Fill out the official entry form below. Tape it to the back of your photograph. (Or if you wish, on a 3"x5" card type or print your name, address, zip code, phone number and age, whether you wear contact lenses or glasses, and the words "Bausch & Lomb and *Ladies' Home Journal* bring you the eyes of the eighties.") Do not write on the front of the photograph. Include cardboard backing to protect the photograph in the mail.
3. Enter as often as you wish. Each entry must be different and mailed separately to: Bausch & Lomb Eyes of the '80s Contest, P.O. Box 3555, Syosset, NY 11775. Entries must be received by 11/30/87. Limit one photo per entry. No responsibility is assumed for lost, misdirected or late mail.
4. Entries will be judged on the basis of: Clarity of eye color (0 to 25 points), shape of eyes (0 to 25 points), expressiveness (0 to 25 points) and proportion of eyes to face (0 to 25 points). Six finalists will be chosen by a panel of experts in conjunction with National Judging Institute Inc., an independent judging organization, whose decisions are final on all matters relating to this contest. Finalists will each receive a trip for one to New York City (including round-trip air transportation, hotel and meals), where they will receive a professional beauty makeover. In New York, the Grand Prize winner will be selected on the basis of the aforementioned criteria. Once selected, the Grand Prize winner will return to New York to be photographed by a fashion photographer, appear in a Bausch & Lomb print advertisement and be featured in an editorial beauty page of one issue of *Ladies' Home Journal*, and receive $5,000. The remaining five finalists will each receive an exclusive collection of Ray-Ban sunglasses and $500. One hundred semifinalists will each receive a pair of Ray-Ban sunglasses. All prizes will be awarded and winners notified by mail. Prizes are not transferable or exchangeable. Only one prize to an individual or family. Taxes, if any, are the responsibility of the individual winners.
5. Entries will automatically become the property of Bausch & Lomb and will not be acknowledged or returned. Bausch & Lomb reserves all rights, including the right to edit, publish, or use any photograph without payment to the contestant. No information regarding entries or judging will be disclosed. Winners will be required to execute an affidavit of eligibility and release, stating entrant's age, that the photo is of entrant, that the entrant has full rights to the photo, and that the photo has won no award or competition.
6. The contest is open to women eighteen years of age or older as of August 1, 1987, residing in the U.S., except professional models, employees and their families of Bausch & Lomb, Meredith Corporation, Dan Jagoda Associates, Inc. and Cane Communications. Void where prohibited. All federal, state and local regulations apply.
7. For a list of major winners, send a self-addressed, stamped envelope to: Bausch & Lomb Eyes of the '80s winners, P.O. Box 3568, Syosset, NY 11775.

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Movie Star News

My romance with Grace Kelly

At last, the never-before-told story of the man who won Grace Kelly's heart—but not her hand



UPI/Bettmann News Photo

Grace Kelly and the author, Oleg Cassini. She wears a dress he designed for her. Cassini says that he invented the Grace Kelly look

One evening in 1954, I was having dinner at a little French restaurant in New York when I looked up and saw Grace Kelly. At first, I saw her only in profile—the utter perfection of her nose; the long, elegant neck; the silky blond hair. She wore a black velvet two-piece outfit, very demure, with a full skirt and a little white Peter Pan collar. She was gorgeous, though not as striking as my ex-wife, Gene Tierney, had been. Nevertheless, I was smitten.

Grace Kelly's date was a French actor I'd known from Hollywood, Jean-Pierre Aumont. I immediately said hello to Aumont and pretended not to recognize Grace. When Aumont mumbled an introduction, I acknowledged it politely with a small bow, but nothing more. I didn't even tell her that I'd just seen her in *Mogambo*. I'd sensed immediately that the direct, frontal approach would not work with her. A program was needed—something outrageous, romantic, even silly—to pierce her reserve.

The next morning I sent her a dozen red roses. My *(continued)*

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By Oleg Cassini


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I GRACE KELLY
continued

ırd said only "The Friendly Florist."
The morning after, I did the same. nd the next, and the next. I did this r a week, perhaps ten days. Then I ent her a stuffed animal—a wolf with s tongue hanging out—and a note: The Friendly Florist is approaching."
The next morning I called her. This," I said, "is the Friendly Florist."
There was a pause and then that arming little laugh of hers. I invited er to lunch.
We met at the Colony. Grace arrived nctually, dressed exactly as I imagined she would be: in a tailored suit, earing glasses.
My gambit continued the tone set by e Friendly Florist. I pulled a sheet of aper and an envelope from my jacket ocket. "Before we say anything to ch other," I told her, "I am going to rite something and put it in this enelope. A year from now we will come ere, much closer than we are now, I ope, and you can open the letter and e what it says."
She laughed. "Well, if you wish." I mmoned Gene Cavallero, owner of e Colony, and with great ceremony ked him to keep the envelope. It as, I must admit, a hell of a start. ater, she would say that she knew om the first that if nothing else, I ould not bore her.

The test

was shining myself up for our dinner te two nights later when Grace lled. "I'm terribly sorry," she said, ut my sister is in town, so I'm afraid won't be able to make it tonight."
I knew that this was the first little st she'd prepared for me. I was perasive. The three of us went to dinner at night, and we got along famously. Perhaps we can reschedule tonight's nner for tomorrow?" I asked.
"But you must realize, Oleg, that I ve other friends. You can't monopoze all my time."
"Very well, then," I replied. "I will vite your friends."
And I did. I arranged a small party a private room at El Morocco. For ce, Grace did not attempt to hide her auty; she wore a stunning black ess. People watched us. "I have two tle surprises for you, Oleg," she said. ne, I happen to be in love. And two, n leaving for California tomorrow."
I wasn't too concerned about her beg "in love." If she were really in love th someone else, she wouldn't have t me get this far with her. I was not ppy, though, about her imminent parture. My plan was to attack on l fronts, to keep up the pressure. This would be difficult to do from three thousand miles away.
"I think we have to discuss this," I insisted. "After all, I am not a disinterested observer . . . and anyway, you don't even know what I wrote in that letter at the Colony."
She insisted that I tell her, and I capitulated: "I wrote that when you opened it a year from now, you and I would be engaged."
"Mr. Cassini," she said, "you are out of your mind."
All this was happening while we were dancing. I asked her who my competition was.
"I feel that you are a man of discretion, so I will tell you this. He is an actor, an Englishman, very handsome. I have done a picture with him, and his initials are R.M."
It was Ray Milland, of course. She had just finished shooting *Dial M for Murder* with him. He was married.
"Well, your choice is excellent," I told her. "But then, too, there is his wife. She is very well respected, much admired, and I don't think she would ever divorce him."
"You're not the first person to tell me this," she said. "But in any case, you have an ulterior motive."
So she left for California. I began to write her little notes. We spoke on the phone, always briefly, lightly. I heard through the grapevine that the romance with Milland was still in progress. At one point, I had to go to California on business. I didn't want to seem too eager, so I called the prettiest girl I could find and went to the Mocambo, a popular nightclub.
Sitting no more than thirty inches from me was, of course, Grace Kelly.
She was with a young fellow who I later learned was a friend's brother—and no threat. She reacted to my presence with a certain amount of surprise but not displeasure. "Why don't you join us?" she asked.
In no time, Grace and I were dancing while the college boy was dancing with my date.

No sex appeal

It seems difficult to believe now, but at that time Grace was quite worried that MGM wouldn't renew her contract. I had more than a few connections in town and decided to see what I could do to ease Grace's worries. First, I arranged a lunch for her with one of the most powerful agents in Hollywood. But when I called him afterward, he told me, "Sorry, Oleg. No sex appeal."
In retrospect, I think my friend was reacting to a stellar performance by a fine actress: Grace was playing her role of the moment, the quiet, dour, mousy *(continued on page 157)*



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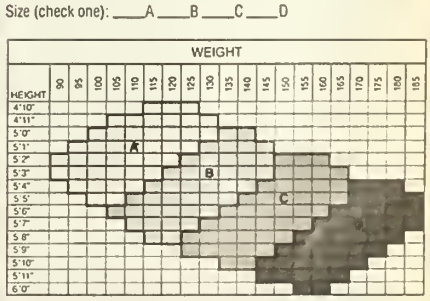
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BAD HABITS that can ruin your health



Tom Arma

You know those annoying habits Mother tried to get you to stop? If they're still with you, they may be taking a bigger toll on your health than you think. Here's a list of common twitches and quirks, and advice on how to break them

Excessive coffee drinking

Side effects Both regular and decaffeinated coffee stain teeth and relax the valve between the esophagus and stomach, causing stomach irritation, indigestion and heartburn. Regular coffee stimulates stomach acids and aggravates ulcers. It can also cause the jitters and contribute to tension and anxiety.

Habit-breaker Limit yourself to three cups of coffee a day. Brush your teeth after drinking coffee, and see your dentist for regular professional cleanings.

Grinding teeth in sleep

Side effects Wears down teeth and can eventually loosen them. Causes joint problems that lead to head, back, ear and jaw pain.

Habit-breaker See your dentist, who might recommend a night brace, braces, or adjusting your bite by filing certain teeth.

Hair twirling

Side effects Splits and breaks hair, leads to hair loss. Confined to one spot, twirling can deform roots so that hair will not grow back, resulting in a bald patch.

Habit-breaker Ask friends and family to point out when you twirl your hair so that you become conscious of it. Put Band-Aids on your fingers to remind yourself when you touch your hair. And because sleep research shows that daytime hair-twirlers often twirl by night, wear a hairnet to bed.

Holding your bladder

Side effects Postponing urination after feeling the need to go or following sexual intercourse increases susceptibility to cystitis, a painful urinary tract infection that inflames the bladder and can become chronic.

Habit-breaker Make an effort to urinate as soon as you feel the need. Always try to empty your bladder after having sex.

Knuckle cracking

Side effects Releases gas from between joints, predisposing them to hypomobility, a condition in which ligaments and tendons stretch out. Fingers and knuckles become vulnerable to strains and sprains. Eventually, joints move out of alignment, causing a predisposition to arthritis.

Habit-breaker When joints feel tight, gently stretch your fingers and open and close your fists. When you want to crack something, crack open nuts. *(continued)*

By Wendy Korn

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Nail and cuticle biting

Side effect In addition to wearing down teeth, chewing nails and gnawing cuticles allows germs and fungi in the mouth to transfer to broken skin (and vice versa). Can cause bacterial infections under the nail and cuticle, as well as distorted nail growth.
Habit-breaker Keep nails well groomed so there are no distracting jagged edges. (Have a nail clipper and nail file handy at all times.) Try wearing Band-Aids over the cuticles or painting them with bad-tasting iodine. Keep cuticles moisturized so the skin is too soft to pick. Try a professional manicure (with false nail tips) so nails are too strong and attractive to fuss with.

Napping after a big meal

Side effects Heartburn and regurgitation, as well as weight gain—the result of a slowed metabolism during sleep, which allows calories to turn to fat.
Habit-breaker Wait at least two hours after a meal before lying down. Walking or other activity after eating aids digestion and calorie burning. When you can't avoid eating a meal late at night, choose low-fat, low-protein foods, which are easily digestible.

Not brushing teeth before bed

Side effects Tooth decay, bleeding gums, periodontal disease that leads to tooth loss.
Habit-breaker Make brushing and flossing before bed part of your nightly routine. Work it in during TV commercials so you're not tempted to skip it once you're relaxed and in pajamas.

Propping phone against shoulder

Side effects Puts stress on the nerves and joints of the neck and back and precipitates a misalignment of the vertebrae, causing chronic neck and shoulder pain.
Habit-breaker Hold the phone or attach a shoulder rest.

Tom Arma



Rubbing eyes

Side effects Transfers bacteria from hands to eyes, which can cause sties. Also causes eyelashes to break or fall out.
Habit-breaker Instead of rubbing, splash eyes with lukewarm water and pat dry. If itching or irritation persists, see your eye doctor about prescribing drops.

Salting food before tasting

Side effects Too much salt leads to water retention, which is harmful to those with a predisposition to kidney problems, heart disease or high blood pressure.
Habit-breaker Remember, the body needs only a small amount of salt per day. Don't leave the salt shaker on the table during meals. Try commercial salt substitutes, and carry a small shaker of it with you for dining out. Also use extra herbs and spices in cooking to bring out full flavor.

Scratching

Side effects Skin develops an unsightly hidelike texture, sometimes with hard bumps. In some cases, small ulcers may develop and become infected.
Habit-breaker Intense itching in one spot may be the result of neurodermatitis, a condition caused by repeated scratching of a patch of dry skin. Scratching only causes the skin to become drier and tougher, and nerves become easily stimulated, making the itch chronic. To break the cycle, use moisturizer daily, and see a doctor, who may prescribe cortisone cream and antihistamines.

Sitting with legs crossed

Side effects Hinders overall circulation, contributes to vascular problems, poor lower leg circulation, and varicose and spider veins. Also puts posture out of line and stresses muscles and disks in the lower back.
Habit-breaker Make a conscious effort to sit up straight, with both feet resting comfortably on the floor. Keep your back straight and your stomach tucked in so you sit properly and don't feel the need to cross your legs.

Skipping breakfast

Side effects The stomach secretes acids during the night; without food in the morning, these acids will act on—and irritate—the stomach lining. Also, a morning meal stimulates the metabolism to burn calories efficiently and provides energy. Without this, one is prone to fatigue, an upset stomach and headaches.
Habit-breaker Eat breakfast soon after you awaken. A big meal is not necessary; high-fiber cereal, skim milk and fruit will provide all the energy and nutrition needed, without adding unwanted extra calories.

Sleeping on stomach

Side effects Accentuates curvature of the spine and puts stress on muscles and ligaments so they remain tense during sleep. Puts pressure on chest, heart, lungs and face, *(continued on page 170)*

Experts consulted include: Howard Benedikt, D.C., a New York City chiropractor; Gordon McHardy, M.D., emeritus professor of medicine, Louisiana State Medical Center; John F. Romano, M.D., a New York City dermatologist and clinical instructor of medicine at New York Hospital-Cornell Medical Center; Spencer Sherman, M.D., clinical professor of ophthalmology, Mt. Sinai School of Medicine, in New York City; and Irwin Smigel, D.D.S., president of the American Society for Dental Aesthetics.

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Patty Duke's personal miracle

Bubbly Patty, America's favorite teenager, was the youngest actress to win an Academy Award. No one knew that behind the Hollywood smile was a sick and tortured young woman

About two years ago I went to a meeting in the office of Sid Sheinberg, one of the most powerful men in the entertainment industry. Sid looked at me hard and said, "Well, it's been a long time, hasn't it?" Left unsaid was that the last time I was in Sid's office, in 1970, I shouted a string of obscenities and threw his Mickey Mouse clock at him. Back then, when people said about me, "She's trouble," they weren't kidding. *(continued)*







Left: Potty os Helen Keller, with Anne Boncroft in *The Miracle Worker*. Below, sitcom look-olikes: Potty in her duol role on *The Patty Duke Show*

AP World Wide Photos

Pictorial Parade

From the book CALL ME ANNA: THE AUTOBIOGRAPHY OF PATTY DUKE, by Patty Duke and Kenneth Turan. Copyright © 1987 by Patty Duke. Reprinted by permission of Bantam Books, Inc. All rights reserved.

Wayne Williams/LGI

By Patty Duke and Kenneth Turan



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■ PATTY DUKE
continued

Until recently, such memories were extremely painful to me. But now I know that at the time, I was an untreated manic-depressive, crazy as a bedbug. Since I was diagnosed in 1982 and began taking lithium, my whole life has changed dramatically.

Still, it's hard to accept articles speculating about my abuse of drugs or alcohol. I don't mind being thought of as crazy, because I had no control over many situations. What I don't like is for people to think I chose to do destructive things. But I've survived, and that feels like a miracle.

Growing up

Though I've been a professional actress since I was seven or eight, acting was never my dream. What I really wanted to be was a nun; nuns were the only people I knew who weren't always drinking and screaming!

I was born December 14, 1946, in New York City, and named Anna Marie. I lived with my father; my mother; my sister, Carol, eight years older than I; and my brother, Raymond, five years older than I, in a four-room fourth-floor walkup in an Irish-Italian neighborhood. We were like a family out of a Eugene O'Neill play, with all the melancholy and fire of the Irish.

My father was an alcoholic—never abusive but rather a happy drunk who loved his family and enjoyed a lot of dancing and good old times. The problem was that he used to drink up his salary, then invent all kinds of excuses. Finally, when I was about six, my mother told him, "John, this is it. You've got to leave." My father moved to a furnished room. Over the next ten years—he died when I was sixteen—I almost never saw him.

When I was seven, my mother took me to meet John and Ethel Ross, talent managers who worked with child actors. Though the Rosses have been dead for several years, I still find it hard to speak of them objectively. I certainly owe my career to them—and deep down I think they meant well—but they made my life absolute hell until I was eighteen.

I started my acting career doing commercials and bit parts in movies, and I would stay at the Rosses' apartment the night before a job. They told me that spending more time with them would further my career. After I became a Broadway star at thirteen, I never lived with my mother again. For a long time, I deeply resented her for abandoning me.

Without consulting me, the Rosses changed my name. "Anna Marie is dead. You're Patty now," Ethel announced one day. Little did I know how significant my name change would be; it greatly exacerbated a fear of death so powerful that I endured daily anxiety attacks and nightmares for more than twenty years.

Despite the emotional trauma of those years, I'm grateful I began acting during the golden age of live TV. It was the most exciting thing I've ever experienced. Most of the time, I appeared in TV versions of the classics: *The Prince and the Pauper* in 1957; then *Wuthering Heights*, starring Richard Burton and Rosemary Harris. Richard Burton was, well, Burton—bigger than life and thrilling to look at. I played Cathy as a child. Though I was crazy about Rosemary Harris, the older Cathy, I resented her when she took over. I wanted to do those love scenes with Richard Burton.

The Miracle Worker

In 1958, John Ross clipped an article from *Backstage*, the theatrical newspaper, about a search for an actress to play the young Helen Keller. More than a hundred girls tried out for the part. After three auditions I won.

Rehearsals for *The Miracle Worker* began in August 1959. In the cast of every show or movie that I worked on I always found someone who was my channel of energy and love; certainly Anne Bancroft, who played Helen's teacher Annie Sullivan, fulfilled that role during this play. I worshiped her.

For Annie Bancroft and me, *The Miracle Worker* was as exhausting physically as it was emotionally. The heart of the play, for us and for the audience, was the big fight scene in the second act, when Annie Sullivan stood up to Helen's dinnertime tantrums. The battle—realistic enough to scare the life out of you—lasted a full ten minutes onstage and was as intricately choreographed as a ballet. I think one of the reasons I survived all those years with the Rosses was that I could get onstage every night, beat the bejesus out of an adult and have people applaud me and think I was brilliant.

When *The Miracle Worker* opened and became the most-talked-about play of the year, people started recognizing me on the street. I loved having a stream of visitors come to the dressing rooms after the final curtain: Eddie Fisher and Elizabeth Taylor made a big impression. And Cary Grant—we were all beside ourselves about his visit.

The most memorable moment was meeting Helen Keller at her home in spring 1960. When I first saw Helen walking down the stairs, she was close to eighty, but she still carried herself regally. Helen *(continued on page 152)*

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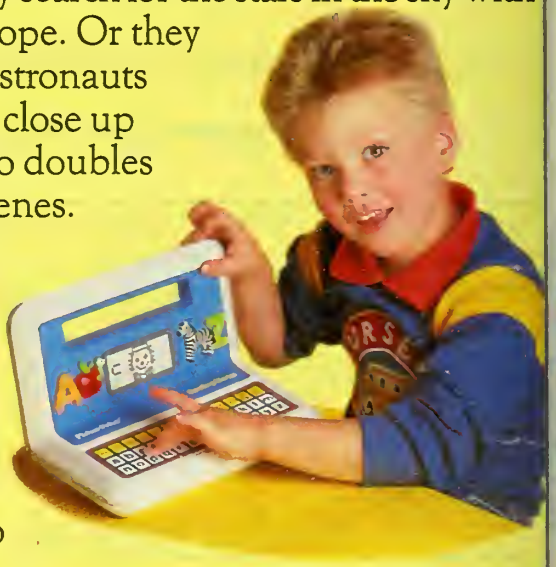
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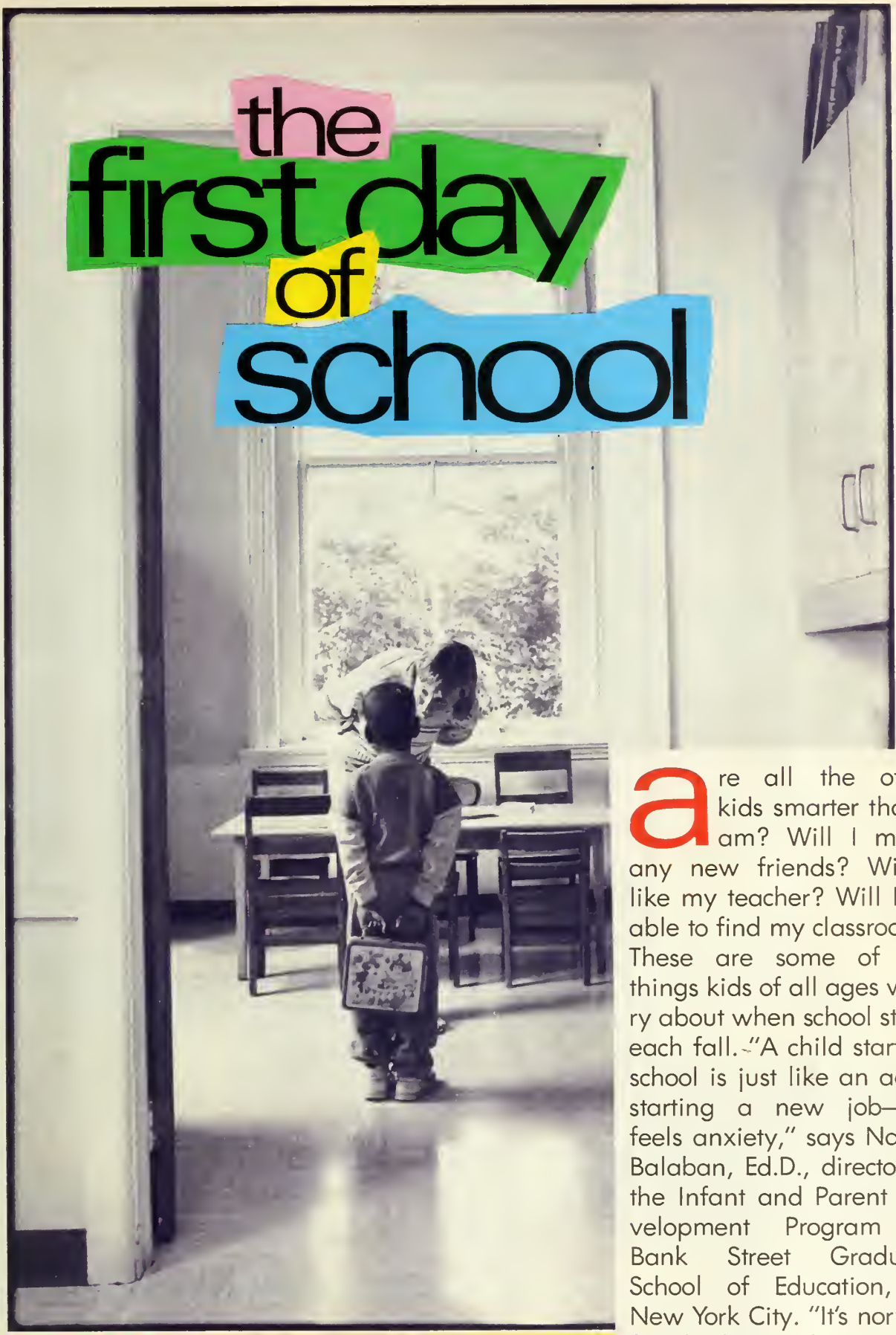
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the first day of school



Photos by Tom Arma Text by Pamela Guthrie

Are all the other kids smarter than I am? Will I make any new friends? Will I like my teacher? Will I be able to find my classroom? These are some of the things kids of all ages worry about when school starts each fall. "A child starting school is just like an adult starting a new job—he feels anxiety," says Nancy Balaban, Ed.D., director of the Infant and Parent Development Program at Bank Street Graduate School of Education, in New York City. "It's normal for children to be worried in a new situation." ▶

Of course, what a child fears the most about school depends on his age. Younger children, especially preschoolers and kindergartners, are afraid of leaving home and being placed in an unfamiliar environment. As children get older, they worry whether they'll do well academically and if they'll fit in with their peers.

Experts agree that it's essential for parents to provide children with support and encouragement. "Recall positive experiences the child has had to remind him of his successes," says Robert Brooks, Ph.D., a clinical psychologist at Harvard Medical School. "But let him know that you had first-day jitters, too, and you understand his feelings."

It's important for parents to prepare a young child for school. "Tell the child what will happen during the day and what the teacher does," Balaban recommends.

If a child is entering a new school, he and his parents should visit the school or attend an orientation program, advises June Gabler, Ed.D., superintendent of schools in Fort Dodge, Iowa, and president of the American Association of School Administrators. "This helps kids feel more at ease," she says.





Whether a child is going to school for the first time ever or entering a new school, he'll always have some worries: Will I have someone to sit with on the bus? Will anybody talk to me?



Kids always have doubts about how they look, and the smallest things can cause agony over fitting in at school: Am I dressed right? Do I have the same backpack as everyone else?





I'm scared!







Kids wonder, too, if their friends have changed over the summer, whether the boys grew taller, if the girls became friendlier, if the teachers got nicer.
And of course they wonder if they will be popular.

Students usually discover that school isn't so bad after all. How well a child gets along with kids and teachers plays a big part in how much he enjoys school.

According to some experts, a child's feelings about himself can determine how he handles social situations. "Kids who feel good about themselves have an easier time making friends," says Susan G. Forman, Ph.D., professor in the department of psychology at the University of South Carolina. "They feel they have lots to offer, and so other people like them."

If a child needs help making friends, Forman says, parents should encourage him to get involved in his choice of activities and clubs so he can have a comfortable way of meeting kids with similar interests.



It's not so bad





Kids seem to know instinctively that having a positive attitude can help them get to know the teacher, make friends, speak up in class or even get a date.



Sometimes they realize they have to be the first one to say hello, even if they're a little shy at first. And soon, most kids do become friendly with some of their classmates.

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As long as they find it stimulating, kids enjoy learning. But what a child sees at home is also important. "Parents are a child's first educators," explains Brooks. "If a child sees his parents reading the paper or discussing current events, it reinforces his sense that learning is important."

To interest a child in and excite him about learning, parents should read books, play trivia games, and go to places such as libraries, films and zoos with the child.

Parents should also know how well their children are doing in school. "Stay in touch with your child's teachers," says Forman. Talk to your child about school, too. "Ask specific questions about what he did that day," recommends Gabler. "Let him know you're interested."







"Okay, kids, now you try it." Children are often frightened of something new until they do it and succeed a few times on their own. Encouragement and praise can help relieve their fears.



"Oh, no, only nine more weeks until the SATs!" Hitting the books is hard work when kids get older, and high school brings added academic pressures.

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Kids usually start to enjoy school after they get the hang of it. The fortunate child likes almost everything about school. But with a little encouragement almost every child can find something about school that he likes.

Even children who seem unusually nervous about starting school usually adapt within a few weeks. "My daughter was really upset about going to junior high," says one mother. "She didn't know what the teachers would be like, and she was afraid she'd get lost in the bigger building. But within a few days she was exuberant about her new experiences and her new friends. She's really growing up. I think she adjusted to this transition better than I did!"





The best part of school can be almost anything—finally getting that math problem, making the basketball team, or being elected to the student government. For some teens, it's the social scene: gossiping at the lockers, flirting in the cafeteria, planning the senior prom.





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MEDINEWS

By Beth Weinhouse

When should a sick child stay home?

BACK TO SCHOOL

One of the toughest dilemmas for working parents is deciding whether an ill toddler should stay home from day care. Is the child so sick that the parent must take off from work, or does the toddler just have a mild sniffle that won't interfere with day-care activities? Since on the average children up to age two have six to ten illnesses every year, and three- to five-year-olds contract only a few less, the situation arises quite frequently for parents of small children.

To help parents evaluate the situation wisely, the American Academy of Pediatrics (AAP) Committee on Early Childhood, Adoption and Dependent Care recently issued a report on day care that explains "there are very few illnesses for which children need to be excluded from day care." Says George Sterne, M.D., chairman of the AAP Committee, "Sometimes children just feel too terrible to go. When they feel that sick, they should see a doctor anyway, so they can't go to day care. But if a child just has a cold, a runny nose or a bumped knee, he can still attend day care. The same is true if the child has an ear infection but has been on medication for a day or more, or even if the youngster has a case of chicken pox that is a week old and no longer contagious." The AAP report cautions, however, that before parents decide to send their sick children to day care, they should be sure the facility will provide the youngsters with adequate rest, appropriate diet, proper administration of medications and both physical and emotional support.

According to the report, symptoms that indicate an illness may be contagious or severe enough to keep a child home include diarrhea, vomiting, high fever and certain types of rashes as well as such signs of illness as pallor, irritability and excessive sleepiness. In any of these cases, the child should see a pediatrician.

the return of RHEUMATIC FEVER

Only two years ago medical experts were looking forward to seeing the end of rheumatic fever in this country. In the last year or so, however, there have been outbreaks of the disease in Utah, New York, Massachusetts and Texas.

While there's no reason for panic, it is important that parents call a pediatrician when a child has a sore throat. The doctor will probably take a throat culture for streptococcus bacteria because rheumatic fever is a rare, but serious, aftermath of a strep throat. Once detected, a strep throat can be effectively treated with antibiotics, so that rheumatic fever never has a chance to develop.

asthma & schoolwork

Ten to fifteen percent of school-age children suffer from asthma, and many of these kids take the medication theophylline to control their condition.

Some studies have suggested that theophylline's side effects—tremors, insomnia, nervousness, restlessness and speech disturbances—may cause learning and behavior problems and affect school performance. Physicians are worried that the reports of these side effects will influence parents to take their children off the medication.

A new study, however, conducted at Children's Hospital in Boston, has found no significant behavioral or psychological changes in children taking theophylline. The researchers hope that their results will help reassure parents that in the majority of cases, the schoolwork and behavior of asthmatic children should not suffer because of theophylline treatment.

shots for tots... AND OLDER CHILDREN

Are your children's vaccinations up to date? Although many formerly common childhood illnesses, such as measles and mumps, are now rather rare, it's still necessary for all children to be immunized against these and other diseases. The following is an immunization schedule for healthy infants and children, adapted from the American Academy of Pediatrics' most recent recommendations. Consult a doctor if you feel your children have missed any of these vaccines.

RECOMMENDED AGE	VACCINE
2 months	diphtheria/tetanus/pertussis (DTP); oral poliavirus vaccine (OPV)
4 months	DTP; OPV
6 months	DTP; (OPV optional in high-risk areas)
15 months	measles/mumps/rubella (MMR); tuberculin test
18 months	DTP; OPV
24 months	H. influenzae b. (Hib) (against meningitis, epiglottitis, others)
4–6 years	DTP; OPV
14–16 years	Adult tetanus and diphtheria booster, to be repeated every ten years for life


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PARENTS' JOURNAL

By Mary Mohler



Tom Arma

Does your child's school make the grade?

Unless they're moving to a new district, most parents never take the time to find out what's going on in their local schools. The beginning of the academic year is the perfect time to change all that. The national Parent Teacher Association (PTA) has provided the following checklist to help parents develop a report card on their child's school.

1. Goals and objectives Ask to see the school's statement of purpose. If the goals are not in writing, suggest that the school board appoint a committee to prepare a written statement.

2. Administration The principal is the instructional, as well as the administrative, leader of the school. He should be accessible to all, have a real vision of what the school should be and possess the leadership ability to reach for this vision.

3. Teachers All teachers should meet certification standards and update their training regularly. Good teachers have positive expectations for their pupils, believing that all kids can learn. Ask teachers if they are satisfied with their salaries and working conditions.

BACK TO SCHOOL

4. Students When students like their school, it shows. Vandalism, violence and drop-out rates are low; kids are involved in school affairs. Inquire about how well students do on scholarship exams. Look for a discipline policy that's neither too lax nor too rigid.

5. Curriculum Emphasis should be on core academic subjects, but not at the expense of arts and life-skills classes. Reading and writing are a major part of all classes, not just English courses.

6. Support services Education is provided for the handicapped, the gifted and students with other special needs. Test scores are available to parents.

7. Library or learning center A quality library is adequately furnished with resources—quantity *and* quality count.

8. School plant A good school is well maintained; it should be clean and attractive regardless of the age of the building, with no safety or health hazards.

If your school doesn't measure up, write for the national PTA's *Looking In on Your School.* Send $1 check or money order to Publications, National PTA, 700 North Rush Street, Chicago, IL 60611.

Anybody home?

A national poll of twelve hundred kids (grades one to ten) reveals that 76 percent would like to spend more time with their parents.

—Nickelodeon/USA Today/ Yankelovich Youth Monitor

hard courses

We asked administrators across the country what their high schools' most and least popular courses were. Surprise: Many students are going for the hard-core academic courses rather than the traditional home ec and shop. Here's how classes stack up.

■ **MOST POPULAR** Foreign languages, computer science, advanced math and science, psychology/sociology, driver education.

■ **LEAST POPULAR** Home economics, industrial arts (woodworking, shop), clerical (typing, shorthand), grammar.



Thom DeSanto

power LUNCHES

Who says a brown-bag lunch has to be boring or a less-than-balanced meal? *LHJ*'s kitchen staff suggests five lunch-box specials that pack a real nutritional wallop. **Before-the-test energy lunch:** Mothers know fish is brain food; its Omega-3 fatty acids help make it good heart food as well. So try a tuna fish sandwich on corn and molasses bread, carrot and celery sticks, cranapple juice and M&M's on exam days. **Runner's lunch:** Give your child a potassium boost from bananas and peanut butter on whole wheat; add a yogurt drink, a granola bar and an apple. **Share with a friend:** For easy-to-divide finger foods, pack a bagel with cream cheese and jelly, grapes, a brownie and milk. **Before sports practice:** Young athletes need iron-rich foods to build red blood cells: roast beef on a roll with mustard, cucumber and pepper strips. Chocolate milk and cookies add extra punch. **Special treat:** Surprise your kids with a fancy chicken salad in a pita pocket, miniature fruit bread, cherry tomatoes and orange juice.

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Doug Wilson/Black Star
Susan Kane


George Ceolla/Black Star
Nancy Gentile


Tom Sobolik/Black Star
Joan Joyce

HOW WOULD YOU HANDLE IT

What would you do if your child regularly came home from school saying that he can't stand his teacher

Susan Kane, 39, legal secretary, two children, 10 and 7, Seattle, WA

If my child hoted her teocher? I think I'd first tolk to the teocher to find out just whot was going on . . . how my child acted in closs ond whot we could do together to solve the problem. If I felt the teocher wosn't dealing with the situotion, I'd morch right into the principol's office ond osk that my child be switched to onother closs. Twice I've asked for o different teocher for one of my girls, ond my requests were olwoys honored.

Nancy Gentile, 33, sales representative, two children, 4 and 7, West Des Moines, IA

First, I'd see if onything else in my son's life wos moking him unhoppy. Does he get olong with the other kids? Is there onything wrong ot home? Moybe soying he hotes his teacher is just his woy of soying he's unhappy with his life in generol. Then I'd wont to tolk to the teocher. I'd try to find out if my child was being treoted differently from the others or if he hod o problem with authority figures in generol. I'd work with the teacher to try to solve the problem.

Joan Joyce, 40, teacher, one child, 12, Staten Island, NY

If the problem seemed minor, I'd exploin to my child thot she should try to adjust. Port of her educotion is leorning to deol with people. But if the situotion seemed serious, I'd confer with the teocher. I hove found thot just moking the teocher owore of problems often olleviotes the difficulty. If I thought the problem wos unsolvoble, I'd opprooch the odministrotion and request a chonge of closs.

Crisis in education

One in seven youths fails to graduate high school. More than 30 percent do so badly on skills tests that they would be turned down for the armed forces. —CDF Reports

BACK TO SCHOOL

Be part of our parents' panel and share your expertise. Send your name, address, age, phone number and a brief description of your family (number and ages of children) to PJ, Ladies' Home Journal, 100 Park Avenue, New York, NY 10017. We'll keep it on file and call a few of you each month.

The second child

How I learned it's possible to love two different people in two different ways and have it come out the same—wonderful.
By Anna Quindlen

This is the story of the arrival of my second child. Why begin there? Because in some profound and odd way, that is when motherhood began for me, although I did not fully understand that as I held my second son skin to skin on my stomach.

My first child has a special place in my heart, my life and my memory. With Quin I learned about sponge baths, nursing bras, baby gates, teething, babbling and Babar. With him I learned that no matter what the movies or the songs said, the greatest love affair in all my life would be with a person three decades my junior.

Small wonder that I was seduced less than two years later into having another one. When Christopher was born, I became a mother. I realized that what I had felt the first time was that I had had a baby.

Maybe that's not fair. One child is a family, too. It simply did not feel that way to me, perhaps because my husband and I are both the oldest in large families ourselves, perhaps because of my own particular saturation point, my own particular threshold of time and attention. Two felt like a family. Two felt like I would be a different kind of person. And I was. I quit my office job, stayed home and wrote part-time at a computer in an office just to the left of my bedroom. My husband and I became strangers, two people once accustomed to bouncing everything off each other who now sometimes did not find time to mention a new client, a new assignment, a malaise, a dissatisfaction, until days after it had happened or was already gone.

Does this suggest that the second child was a burden or that we felt the constraints of his presence more than we did the enormous joys? The truth is quite the opposite. His birth



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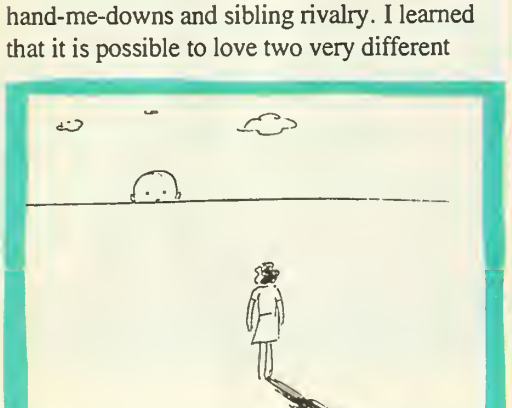
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was easier, and so was his babyhood. After all, I was something of an old hand. He taught me to relax, that it was possible to approach weaning and walking, toilet training and talking with equanimity. "Listen to your baby; he'll tell you what to do," my very wise obstetrician told me after my first child was born. But I was too raw to do that the first time. At night as Quin slept I paged through the index of child-care books, looking for the answer to each day's problems. My second son taught me the answer—that there are no answers, only questions and possibilities. I did not feel so much that he understood me as that he helped me understand myself.

BACK TO SCHOOL

Together the two of them taught me about double strollers, nursing with one side of the body while reading to a toddler with the other, hand-me-downs and sibling rivalry. I learned that it is possible to love two very different



Guy Billout

people in very different ways and have it come out the same: wonderful, overwhelming.

Sometimes I think of it as playing the piano. With Quin I learned the melody, with Christopher the counterpoint. I play with both hands now. It is tricky. Sometimes I fumble, can't quite manage it. At the end of the day I slump at the kitchen table and worry about favoritism and individuality, whether I will ever again get enough sleep and whether the magnetic letters on the refrigerator that spell out the word "Mom" will ever be replaced by ones that say "Anna." But then I recall the day my second child was born, and I sometimes think that two of us were born that morning. And I feel my body swell again, not with child, but with joy.

understanding KIDS

BY LAWRENCE BALTER, PH.D.



Dr. Bolter is a practicing psychologist and a professor at New York University. He is also the author of *Dr. Balter's Child Sense* (Simon & Schuster) and a forthcoming book on discipline.

A boy in seventh grade asked my eleven-year-old daughter (she's in the sixth grade) to go to a movie and out for ice cream afterward. I'm a little worried. Should I let her date this young? Would it help to insist that they make it a double date?

In our culture, surveys show the average age for starting to date is around fifteen. In this context your daughter seems a bit young to be out on a "single" date. But this may be the time to let her practice socializing with the opposite sex, so that her experience is accrued in gradual increments. Use this event as a basis for formulating guidelines.

Before permitting even double-dating, some parents limit children's unchaperoned socializing to daytime group activities such as spectator sporting events, skating parties and class boat rides. But group activities and double-dating do not necessarily guarantee greater safety than a separate outing. Youngsters are very impressionable and highly susceptible to peer pressure. In a group, drug and alcohol use, sexual intimacy and reckless automobile travel are all possible threats. Make sure you know the other kids who will be involved in a group activity, whether adults will be on hand and what means of transportation will be used. You may wish to coordinate supervision and pickup times with other parents.

Get involved in a helpful way; don't just prohibit things. Your daughter might appreciate advice on what to wear. Or suggest going Dutch treat so she can feel independent and an equal participant. Regarding double-dating, suggest she point out to the boy that because this is their first time out, she would be more comfortable if friends accompanied them. She may in fact feel awkward about being alone with someone she does not know very well, and a double date may be a relief to her. And don't forget to take time to tell her ways she can politely say no to the offer. Sometimes children do not know how to get out of difficult spots.

Although many preteens these days appear to be quite sophisticated, they still require parental support to buttress their extremely meager storehouse of prior experience. Your guidelines can be comforting in unfamiliar situations and can convey values to your children to internalize and use as they become more independent. They also demonstrate that you care about your child's well-being. Too much freedom can result in feelings of unworthiness, while too restrictive handling can engender rebellion. Moderation and flexibility are the operative words.

On the need for day-care standards

"How can a society that is almost hysterical about child abuse deny itself the standards and the staff that will assure parents that their children are in day care that meets agreed standards with adequately trained personnel?"

—Alfred Kahn and Sheila Kamerman in *Child Care: Facing the Hard Choices*



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Andrea Alberts

splashy colors

powy prints

It's a snap to be the best-dressed kid in the class! According to Mary Carter, spokesperson for OshKosh B'Gosh, fashion-sharp girls will be wearing stripey sweaters and turtlenecks, minis with leggings, polo tees, blouses with lacy Peter Pan collars, oversize schoolgirl jumpers.

■ Boys will look super in bib overalls, wide-wale corduroys and stone-washed denims paired with bright suspenders, rugby shirts and jean jackets lined with preppy plaid flannel.

■ The colors to choose? Count on shocking pink, sunshine yellow and kelly green for girls; warm neutrals for boys. All kids will go for mixed stripes, tartans, checks, bold logos and patches, animal motifs and the varsity look—cheerleader sweaters for girls; baseball jackets and sweatshirts for boys.

■ Must-have fabrics for both? Stone-washed black and true-blue denim, comfy flannel, softest fleece and corduroy.

■ Top left: polo, 012 Benetton; dress, OshKosh B'Gosh; hose, Little L'eggs Tights; knapsack, Playskool; shoes, Keds. Top right: shirt and jeans, Health-tex; shoes, Weebok by Reebok; bag, 012 Benetton. Right: outfit, 012 Benetton; shoes, Keds; notebook, Pen-tab.

Trendy accessories for the 12-and-under set

We asked Sally Fischer, director of public relations at Benetton, for the accessories that earn the highest marks: Kids in the know will beg for the latest lunch boxes—lightweight plastic and brightly colored, they feature such favorite characters as Garfield, Punky Brewster and Alf . . . Also important for the young and trend-wise: nylon backpacks in rainbow shades, vinyl or cloth loose-leaf notebooks in painterly splattered prints and stripes, and easy-to-handle briefcases for pint-sized execs . . . Collegiate-style suspenders and belts are winners that add zip to autumn fashion . . . Essential additions to girls' outfits include lots of bows (in the hair or tied to shoes) and boldly patterned tights and socks. Now, those are A-plus extras!



Meet our students: Above, adorable Elizabeth and David Trautman (four and two) and nine-year-old trendsetter Katherine Hazard, right, are ready to greet the new school year in great style!

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Microwaving is a natural for kids! Here are just some of the treats they can make by themselves, from top: tender Chicken McMicrowave, crunchy In-the-Bag Nachos, Scrambled Egg Taco and yummy Chocolate Chip Snowballs

Microwave cooking for kids





BACK TO SCHOOL

Children love to learn, especially if there's a reward—and with a microwave, the payoff's in the eating! Not only does a microwave cook faster than an oven does, it's a lot safer for kids to use. The microwave stays cooler than an oven or range top, so there's less chance of little hands getting burned. And because the microwave automatically shuts off after the preset time, foods can't boil over or cook to a crisp. Another advantage is that paper bowls, plates and towels can be used as cooking utensils. (However, kids should always use potholders to prevent burns. And if yours are going to use your microwave, make sure it's placed no higher than their shoulder level.) So encourage your kids to use the microwave. It's easy, fast and fun—and a great way for them to learn to cook. Turn the page for recipes.



J. Barry O'Rourke

By Diana Williams Hansen

"Man does not live by pumpernickel alone."



In my old neighborhood, man also lives by clam dips and potato chips, hot pepperonis and cold rigatonis.

See, me and everybody in my family, we like a little more variety. After all, variety is the spice of life, especially when it comes to eating.

And since so many luncheon munchins come in so many shapes and sizes, having something that's as easy to use as a ZIPLOC® brand Sandwich Bag makes storing and protecting those magnificent morsels even easier.

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KIDS' MICROWAVE
continued

CHICKEN MCMICROWAVE

pictured on page 66

You can cut up the chicken and crush the cracker crumbs ahead to make things even easier at snack time.

Prep time: 10 minutes
Microwave time: 8 minutes

- 1 egg
- ¼ cup butter or margarine, melted
- ½ teaspoon salt
- ¼ teaspoon freshly ground pepper
- 1⅔ cups cracker or cornflake crumbs
- 1 pound boneless, skinless chicken breasts, cut into 1½-inch cubes
- Ketchup or barbecue sauce

In medium bowl beat egg with butter or margarine, salt and pepper. Place crumbs in a jelly-roll pan. Coat chicken with crumbs, egg mixture, then crumbs again. Arrange in a 13x9-inch microwaveproof dish; cover with wax paper. Microwave on High 8 minutes, rotating dish a half-turn after 4 minutes, or until all pieces are firm to touch. Serve with ketchup or barbecue sauce. Makes 6 servings, 250 calories each without ketchup or sauce.

IN-THE-BAG NACHOS

pictured on page 66

You microwave these right in the bag!

Prep time: 5 minutes
Microwave time: 1 to 2 minutes

- 4 single-serving packages corn or tortilla chips
- 1 cup grated Cheddar cheese
- ½ cup prepared taco sauce
- Toppings: chopped green peppers, chopped tomatoes, chopped onions

Make a slit lengthwise along one side of each bag. Open each and sprinkle in ¼ cup cheese, then top with 2 tablespoons taco sauce. Microwave one at a time on High 1 to 2 minutes, until cheese has melted. Sprinkle with desired toppings. Makes 4 servings, 550 calories each without toppings.

SCRAMBLED EGG TACO

pictured on page 66

A treat for breakfast or a nutritious after-school snack.

Prep time: 5 minutes
Microwave time: 1 minute

- 1 teaspoon butter or margarine
- ½ green onion, chopped (optional)
- 1 egg
- 1 tablespoon milk
- 1 tablespoon canned chopped mild green chili
- Salt and freshly ground pepper
- 1 medium taco shell

In 1-cup microwaveproof bowl combine butter or margarine and onion. Microwave on High 15 seconds, until butter is melted. With a fork mix in egg, milk, chili, salt and pepper. Microwave on High 1 minute, or until egg is almost set, stirring after 30 seconds. Spoon into taco shell. Makes 1 serving, 190 calories each.

CHOCOLATE CHIP SNOWBALLS

pictured on page 66

If cookies seem to be baking unevenly, try them on a microwave trivet.

Prep time: 5 minutes
Cooking time: 3 to 3½ minutes per batch

- ¾ cup butter, softened
- 1 tablespoon water
- 1 teaspoon vanilla extract
- ⅓ cup sugar
- ⅛ teaspoon salt
- 1¾ cups all-purpose flour
- 1 cup chopped pecans
- 1 package (6 oz.) semisweet chocolate chips
- Confectioners' sugar

In large mixer bowl combine butter, water, vanilla, sugar and salt. Beat at medium speed until well mixed. Stir in flour, pecans and chocolate chips to form a stiff dough. Divide dough in quarters. Divide each quarter into 12 pieces and shape into 1-inch balls.

On 10-inch round microwaveproof plate arrange 8 balls in a circle and 4 more balls in a smaller inner circle. Microwave on High 3 to 3½ minutes, rotating a quarter-turn after 2 minutes, until cookies are set and dry. Cool on wire racks. Repeat with remaining cookies. Sprinkle with confectioners' sugar. Makes 4 dozen, 80 calories each.

HONEY-BANANA MUFFINS

Moist and wholesome. Six of these microwave in just 4 minutes.

Prep time: 15 minutes
Microwave time: 4 minutes per batch

- 2 cups whole-bran cereal
- 1 cup buttermilk
- ½ cup mashed ripe banana
- ¼ cup salad oil
- ¼ cup honey
- 1 egg, slightly beaten
- 1 cup whole wheat flour
- 1 teaspoon baking soda
- ⅛ teaspoon salt

Glaze

- 2 tablespoons butter, softened
- 2 tablespoons honey

Line each of 6 microwave muffin-pan cups with 2 paper baking cups. In large bowl combine cereal and buttermilk; let stand 10 minutes. Stir in banana, oil, honey and egg. Add flour, baking soda and salt; blend well.
Glaze: In small bowl blend all ingredients until smooth; set aside.

Fill each muffin cup two thirds full with batter. Microwave on High 2½ to 3 minutes, rotating a half-turn halfway through. Spread ½ teaspoon glaze over each muffin. Microwave on High 30 seconds to 1 minute more, until toothpick inserted in muffin comes out clean. Remove muffins from pan. Repeat with remaining batter. Makes 16, 130 calories each.

ONE-DISH HAM 'N' POTATOES

This one-dish supper starts with a white sauce—simple in the microwave.

Prep time: 10 minutes
Microwave time: 30 to 40 minutes

- 3 tablespoons butter or margarine
- ⅓ cup chopped onion
- 2 tablespoons flour
- 1 teaspoon salt
- ¼ teaspoon freshly ground pepper
- ⅛ teaspoon ground red pepper
- 2½ cups milk
- ¼ teaspoon Dijon mustard
- 5 medium potatoes, unpeeled and sliced thin (4 cups)
- 2 cups (10 oz.) cubed cooked ham

In 2-quart microwaveproof casserole combine butter or margarine and onion. Cover and microwave on High 3 to 5 minutes, until onion is translucent. Stir in flour, salt and peppers until smooth. Stir in milk. Microwave on High 8 to 12 minutes, stirring every 3 minutes, until smooth and slightly thickened. Stir in mustard. Layer half the potatoes, then all the ham, in the dish. Top with remaining potatoes, pressing them into the sauces. Cover with heavy-duty plastic wrap; pierce for steam vents. Microwave on High 10 minutes; stir. Microwave covered on High 9 to 13 minutes more, until potatoes are tender. Makes 6 servings, 270 calories each.

FROZEN BANANA POPS

Bananas are very high in potassium, a mineral needed for healthy muscles.

Prep time: 5 minutes plus freezing
Microwave time: 2½ minutes

- 4 firm bananas
- 1 pack (6 oz.) semisweet chocolate chips

(continued on page 149)



SAUCY STUFFED CHICKEN

2 cups STOVE TOP® Flexible Serving Stuffing Mix
1 cup boiling water
2 tablespoons butter or margarine
4 boned, skinned chicken breasts, flattened for rolling
Butter or margarine for cooking*
1 12-oz. jar HEINZ® HomeStyle Chicken Gravy
1 15¼-oz. can whole tomatoes, drained and chopped
½ teaspoon dry thyme leaves
2 tablespoons sweet vermouth or apple juice

MIX stuffing, water, and butter. Let stand 5 mins. Place on chicken, roll and secure with wood picks.

SKILLET: Brown chicken in 2 tbsp.* butter. Add gravy and remaining ingredients. Simmer covered for 30 mins.

MICROWAVE: Place chicken in 1 tbsp.* melted butter in microwave-safe dish. Cover; cook at HIGH 20 mins. Add gravy and remaining ingredients. Cover; cook 5 mins.

Makes 4 servings.

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DELIGHT-FULL PEPPERS

2 cups STOVE TOP® Flexible Serving Stuffing Mix
1 12-oz. jar HEINZ® HomeStyle Brown Gravy
½ pound lean ground beef
1 small green pepper, chopped
½ cup grated mozzarella cheese
1 small onion, chopped
1 egg, slightly beaten
1 garlic clove, crushed
4 red or green bell peppers

MIX all ingredients except red peppers. Cut peppers lengthwise and hollow out. Fill with stuffing mixture. Place in baking pan or microwave-safe dish.

OVEN: Cover and bake at 375° for 50 mins. Remove cover, bake for 10 more mins.

MICROWAVE: Cover and cook at HIGH 25 mins., rotating half turn midway through cooking. Let stand for 5 mins.

Makes 4 servings.

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Heinz



Christopher Little/Outline

She has a new career, a new outlook, and a baby on the way. Everything is bright for Sally



Sally stars with Michael Caine in the comedy Surrender

Warner Bros.

Sally Field

Having the time of her life

Certainly Warren Beatty can't do it. And neither can half the producers in Hollywood—bring in a movie on time and on budget, that is. But Sally Field has done the undoable on both the movies she's produced. In addition to that, the first film, *Murphy's Romance*, made money *and* won two Academy Award nominations. (The second movie, *Punchline*, won't be released until the end of the year.) Not bad for a woman who was once so insecure she said, "I was considered about as sexy as an ingrown toenail" and who accepted her Oscar two years ago by gushing, "You like me, you really like me!"

But Sally has always been a rule breaker in every aspect of her life. Instead of experiencing a midlife crisis at forty, she's doing the unpredictable again and starting over with new vigor. Her marriage to Alan Greisman, the producer of such movies as *Fletch* and *Modern Problems*, has helped give her a *(continued)*

By Eric Sherman

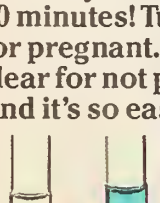

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From the maker of TAMPAX®

SALLY FIELD
continued

new confidence. She's expecting a baby, and she's earning the respect of her peers, even though she refuses to follow the Hollywood pack. And she's never been more popular. In a recent poll, more women picked Sally over other female superstars as the actress they would want to play them in the movies. It's little wonder that Sally, is happier than she's ever been.

"I feel so terrific, I could burst into tears," she said recently. "I feel so serene, like my life is finally on track."

Until lately, Sally would have been suspicious of such happiness. "I'm afraid of complacency," she once said. "Complacency is like everybody goes to sleep and dies, except they walk around." But since Sally married Greisman in December 1984, after thirteen years as a single mother, her whole outlook has changed.

From the moment she saw him in a restaurant, Sally was struck by the dark, handsome producer, who had often been linked with statuesque beauties. Later, Greisman came into her production office to interest her in a movie. She was interested all right—but in Alan more than his project. When he invited her to dinner, she quickly accepted. They dated for les than a year before they were married

Sally is the first to admit tha though they are perfect for each othe she and her husband are as differer as night and day. She is obsessivel neat; he can never find things. Sh works out and jogs; he gets much of hi exercise turning on the TV. She is homebody, who says she is "alway fighting the urge to take up weavin and never be seen by another huma being again." He enjoys going out t parties and seeing friends. In short, i is a mismatch made in heaven. Ala has brought Sally out of her shell a bi and after a lifetime as a bachelor, h has inherited a family.

"Alan is terrific," says Sally's stepfa ther, Jock Mahoney, who raised he from the age of four. "He's warm, fu loving and very bright—which is ex actly the kind of person Sally needs."

Sally and Alan prefer to lead a rath er simple, un-Hollywood existence t gether with Sally's two teenage son seventeen-year-old Peter and fifteen year-old Eli, as well as the family p golden retriever, Rupert.

They could easily afford to live in a elegant mansion in Bel-Air or Beverl Hills, but instead, they recentl bought a modest-for-the-show-bi world four-bedroom, $1.5 millio Spanish-style home in the far less af fluent Brentwood area. It is on a quie street. Though Brentwood is only a fif teen-minute drive from those glitz communities, it has far fewer lavis estates and chauffeured limos. Instead you'll find young professionals livin in comfortable homes and car-poolin their kids to school.

Sally seems to love the quiet, small town quality of the community, whic is filled with trees and flowers. Sh can often be found in the neighbor hood's quaint shopping village, wher she'll browse in one of the little bou tiques or take out chicken or pasta sal ad from the deli.

A recent parade through town— complete with marching bands, an tique cars and clowns—may not hav made the jet-set social calendar, bu Sally had a ball anyway. And she ap preciates that she can walk around th neighborhood wearing sweatpants o jeans, her hair tied back casually without worrying about keeping u some glamorous image. In fact, though she's only a quick drive from th Brentwood Country Club—one of thi community's few nods to status—Sally and her husband aren't even members

One of the nicest things about th new home for Sally and Alan is tha it's still big enough for the newly ex pected addition to the family. It's n secret among Sally's friends that sh

nd Alan had wanted a baby, and Sal- was ecstatic when she found out she as pregnant. The news came in the iddle of shooting *Punchline*, a come- y/drama about a middle-aged house- ife who decides to become a stand-up omic. In addition to coproducing, Sal- stars with Tom Hanks in the film, hich will have its premiere about the ame time her baby does in December.

"I remember the moment Sally told e she was pregnant," says Susie Ess- an, who co-stars in the movie and rew close to the actress during film- g. "She came over to me with this uge smile on her face and said, 'I've ot something to tell you.' I took one ok at her beaming face, and I knew e was pregnant before she said a ord. I've never seen anyone so happy.

Sally admits that becoming a moth- r after forty, having already raised wo children, has its pluses and minus- s. Still, she insists it's well worth any acrifices. "When I first had children I as in my early twenties," she told an nterviewer. "You're so blind when you ave kids that young. Now I'm more ware of the realities. It's tough, it's iring, it's exhausting emotionally, nd it's such a completely selfless me. All your energies and your time nd your focus are directed at a little unchkin. On one side, there's noth- g like it. On the other side, you nink, Do I really want to do that gain? Having children disrupts your fe, but everything worthwhile does."

As for people who might say she's o old to have a baby, Sally doesn't elieve that for a minute. Like Bette Midler, Goldie Hawn and Diana Ross, he joins a whole legion of celebrities who are having children later in life. t's little wonder Sally approached her ortieth birthday last November with nore maturity than regret. Instead of ocking herself in a closet and having n anxiety attack or throwing herself big party, she celebrated with the eople who matter most—her family. They took her out, not to fashionable Spago or some other fancy Hollywood estaurant, but to a cozy Italian eatery n Brentwood, where they gave her a ake with chocolate icing, along with a ousing rendition of "Happy Birth- ay." Employees of the restaurant can till remember Sally blushing as the ther diners turned to watch, "but you ould tell she was having a wonderful ime," says one.

Of course, Sally wouldn't be normal f she didn't have one or two hang-ups bout reaching her forties. "I was de- ressed by an awareness that I'm nev- r going to be twenty-two again," she aid in an interview with *Playboy* be- ore her birthday. "But then I realized, never had the body of a twenty-two-



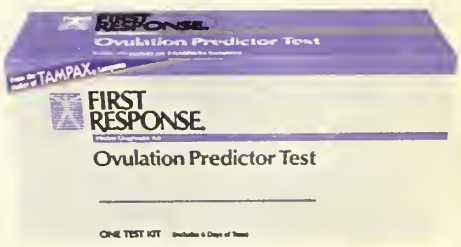
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year-old when I *was* twenty-two. Now I no longer dream that if I work real hard, I, too, can look like Bo Derek."

Maybe not, but recently, Sally has taken a close look in the mirror and finally decided she likes what she sees. Though she has always been a bit insecure about her looks, she's grown quite comfortable with her wholesome, youthful features. "It took me a long time to understand that my sense of myself *is* sexy," she says.

For all her success, Sally has had to work hard to develop a strong self-image. At times during her eventful career, she has shown surprising vulnerability and insecurity. "Sometimes, I find, I haven't really liked myself," she has said. "For much of my life, I felt that my nicest qualities were the ones that weakened me."

Yet for all her sensitivity, Sally demonstrated an extraordinary amount of courage fairly early in her career by changing her image despite tremendous odds. After playing the leads in two cuter-than-life TV series as a teenager—first *Gidget* and later the preposterous *Flying Nun*—Sally found herself the laughingstock of Hollywood, stereotyped as a sweet and bouncy kid with lots of pigtails but not much talent. When she tried to break into the movies, no *(continued)*



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ONEIDA

SALLY FIELD
continued

producer would hire her. "They'd say things like 'Ha! You want us to hire *you*? What are you, *crazy*?' " Sally recalls. "It made me mad to be laughed at, but now I thank God for that anger. It became my best friend."

Sally used her anger to totally change her life. When her agent told her she didn't have the talent to make it in movies, she fired him. While she was at it, she decided to leave her first husband (childhood sweetheart Steven Craig), sell her house, take her two young children and begin a campaign to change her image. Finally, she convinced director Bob Rafelson that she could play a gritty character in his 1976 film, *Stay Hungry*, by walking into her audition acting tough and foul-mouthed. Then, she again surprised Hollywood by winning an Emmy for the TV movie *Sybil*, which she followed with her Oscar-winning roles in *Norma Rae* and *Places in the Heart*. Ten years after producers had laughed Sally out of their offices, they were begging her to be in their movies.

"Sally Field has done something that's almost unheard of in this town—she's totally changed her image," says producer Arlene Donovan, who worked with the actress on *Places in the Heart*. "I don't know anyone else who has shown that kind of determination and earned that kind of respect." As Jock Mahoney says: "Sally has always done what she thinks is right, and she simply doesn't take any nonsense from anyone."

About five years ago, Sally made another bold career move. Unhappy with the quality of the parts she was being offered, she decided to become a producer, choose her own projects and see them through from start to finish.

Though producing is fairly new to Sally, it is an area in which she has always shown interest. Arlene Donovan recalls how Sally insisted on having an important role in selecting the young actors who would play her two children in *Places in the Heart*. She also convinced Donovan and director Robert Benton to cast Danny Glover, then relatively unknown, for the part of Moze, even though he was considered too young for the role. Sally was absolutely right; Glover received raves for his performance.

"Sally is such a wonderful judge of people and an intense observer," Donovan says. "When she wasn't in a scene in *Places*, she'd sit off to the side and work on her needlepoint, yet one eye was always on what was happening on the set. And that's what makes her a fine producer."

Those in the industry are quick to point out how thoroughly knowledgeable Sally is when it comes to making a movie. "The thing that impresses you most is how smart she is," says Irwin Allen, who directed her in *Beyond the Poseidon Adventure*. "She knows every aspect of moviemaking short of how to build the set. And she's so hardworking, it wouldn't surprise me if she got up on a ladder with a hammer and nails to do that, too."

Yet despite all the praise, Sally admits she worried at first whether she had taken on more than she could handle. There were so many scripts to read, meetings to schedule and a million details to iron out. "I found it a difficult adjustment going from acting to producing," she says. "Producing is the hardest aspect of filmmaking. You're responsible for *everything*. You really have to know what you want and I *don't* always know what I want."

In fact, Sally began to have doubts about whether she'd work out as a producer after all. Finally, her anxiety became so overwhelming that the independent actress broke down and called Jane Fonda, who is now a friend, to meet her for lunch and ask for advice.

"I remember tears coming to my eyes several times during the lunch," Sally says. "I had a production company, and I couldn't even figure out what to do. I said to Jane, 'I'm completely lost. I feel so lonely here. I just want to go home.' "

Jane gave her advice and even lent her script readers. By the time Sally produced her first movie, *Murphy's Romance*, in 1985, she was ready for the challenge. Along with director Martin Ritt, she successfully fought with the studio brass, who initially didn't want James Garner for the male lead. Once again, Sally was right; Garner was nominated for an Oscar for his performance in the movie.

Later, with *Punchline*, she again did the impossible when she completed filming within a few days of deadline even though she was pregnant for much of the filming and also had to spend time making peace between the film's dueling coproducer, Daniel Melnik, and its director, David Seltzer. Another coup for Field. "I don't think Sally realized what she was getting herself into when she decided to become a producer," says a friend. "She had a lot of fighting to do with the studios over scripts that I don't think she expected. But she fought—and fought well—and she's learned a lot."

Before *Punchline* comes out this Christmas, we'll have a chance to catch Sally in another comedy, *Surrender*, with *(continued on page 164)*

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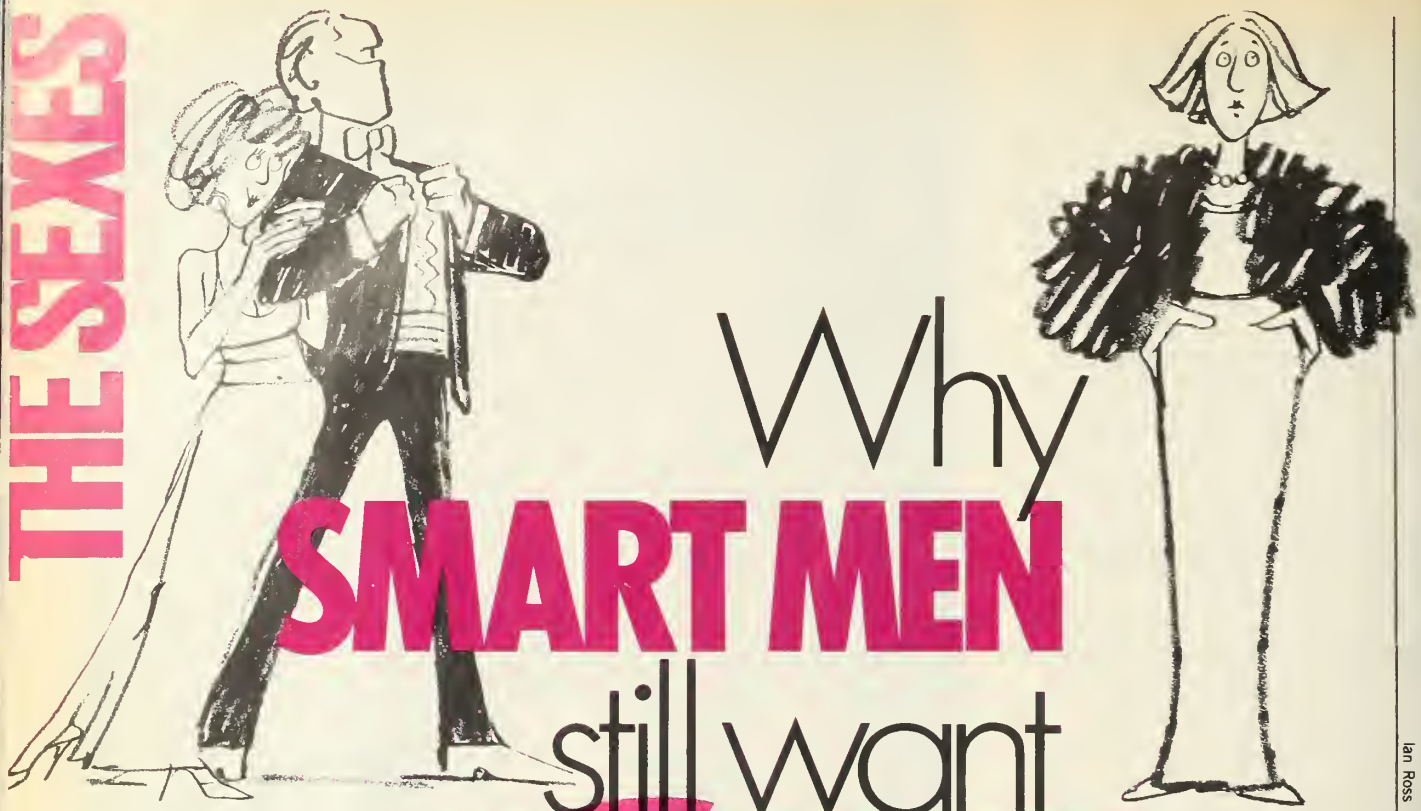
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Ian Ross

Why SMART MEN still want DUMB WOMEN

Most successful men say they want an intelligent, independent woman as a mate. So why do so many prominent, powerful types get caught with a "bimbo" on their arm?

When Gary Hart's presidential campaign recently came to an abrupt halt after press reports linked him with Donna Rice, a voluptuous blond model who was not his wife, all of America asked "Why?" Why would a smart, successful politician, married to an attractive, supportive and politically astute helpmeet, Lee Hart, bring ruin upon himself by associating with a curvaceous young woman who seems to be rather naive despite her Phi Beta Kappa key from the University of South Carolina? It's only fair to point out that Hart appears to be just one new example—certainly the most publicized—in a long line of political philanderers. Presidents from Jefferson to Roosevelt were known to have had mistresses. John Kennedy, it has been reported, was unfaithful to Jackie almost from the moment they became engaged. Ted Kennedy's womanizing became public after he drove off a bridge at Chappaquiddick in 1969, which resulted in the death by drowning of Mary Jo Kopechne and the end of his presidential aspirations. *(continued)*

By Roberta Anne Grant

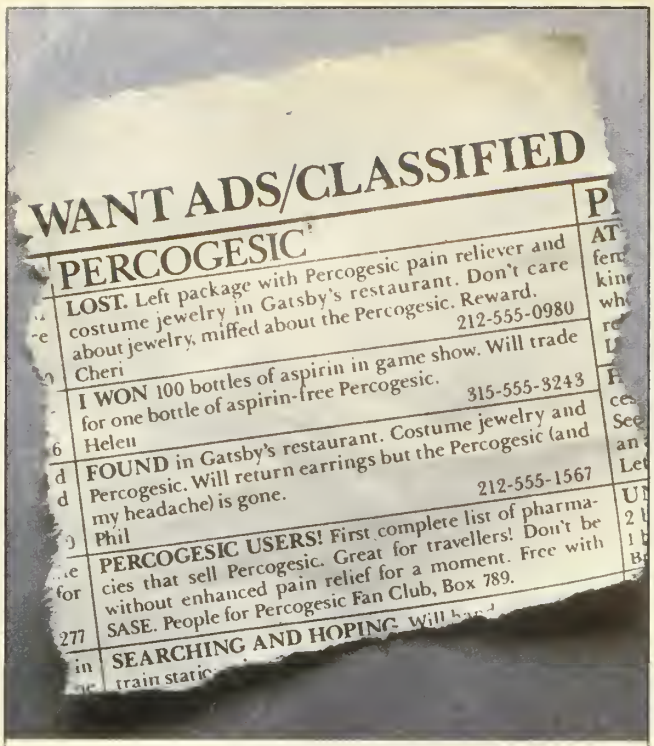
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■ SMART MEN, DUMB WOMEN
continued

Throughout history, in fact, men of power and wealth, even men of God, have broken their marital bonds to enjoy illicit fun with women they saw merely as playthings.

Since the women's movement, however, relations between the sexes are supposed to be different. And to some degree they are. Yet many of the men moving in the corridors of power, whether in Washington, on Wall Street or in Hollywood, are still giving women a very mixed message. On one hand, successful men say they want an intelligent, independent mate. But ironically, many of them also seem to want an old-fashioned girl on the side: someone pretty yet passive whom they can conquer sexually and dominate intellectually. Why the ambivalence? And why do some women still feel obliged to play dumb?

The rewards of success

One simple explanation is that men who have reached prominence often feel entitled to the time-honored symbol of achievement—the affection of beautiful women. Traditionally, a glamorous girl on the arm of a powerful man has been a trophy he could show off to other men.

It's the ideal of feminine beauty that men seek, says Warren Farrell, Ph.D., author of *Why Men Are the Way They Are* (McGraw-Hill, 1986). "Men get exposed to approximately twenty million advertisements featuring beautiful women every year. By the time we enter high school, we're addicted to the idea of the beautiful woman. But she's paying attention to the seniors, not to us. Then society tells us there *is* one way to fulfill our dreams—by becoming successful. For men in some professions, like politics, getting married and living a traditional lifestyle is almost a necessity. Yet it limits their access (or at least it should) to what they may feel is a reward of achievement—the adoration of a beautiful companion."

"My husband and I see it all the time," says a prominent Washington hostess. "Married senators and congressmen are constantly having affairs. When they hit this town, they know they've finally made it. And they're not about to miss out on the goodies."

A form of relaxation

If sex and status are the most obvious reasons smart men seek decorative women, there is also another explanation. "A lot of driven professional men really want to 'veg out' when they're not working," explains business psychologist Srully Blotnick, Ph.D., author of *Otherwise Engaged: The Private Lives of Successful Career Women* (Penguin, 1986). "Spending time with a beautiful girl who makes few demands gives them a sense of release and relief. All too often," adds Blotnick, "it is only the man's perception that these women aren't bright."

One surgeon, married with a month-old daughter, was late to work one evening. When a colleague asked why, he replied, "I've been with my girlfriend." Then he went on to complain how exhausted the hospital routine was making him and how guilty he felt about his young wife, who kept asking for more of his time. "So why don't you give it to her?" the colleague asked. "I'd like to," he replied, "but I'm burnt out." "With the girlfriend," the colleague theorized, "he'd found someone who made no demands—someone with whom he could really relax and forget all his cares."

Some men are aware of the contradictions implicit in their thinking. Bruce, a thirty-nine-year-old single doctor, confided that when he marries, he will choose a strong, independent woman, one with her own career and interests, "because otherwise it would be boring." But then he admitted that just the other night, he'd *(continued)*

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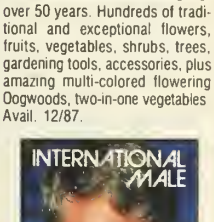
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WHAT'S HOT STARS WHO CARE



Michael Abramson/Gamma-Liaison

Willie Nelson's harvest of hope

He's the outlaw of country music—a hard-drinking, fast-living bourbon cowboy once known for his barroom brawls and long auburn braids. But now, at age fifty-four, Willie Nelson is one rebel who has finally found a cause: the struggle of the nation's farmers. His appearance at the third annual Farm Aid benefit concert September 19, in Lincoln, Nebraska, is only a small part of his commitment to sowing seeds of hope among those who have been hardest hit by the devastating farm crisis.

"I feel a part of these people," Willie says as he settles down for an interview in his touring bus, the Honeysuckle Rose, between concerts on Long Island, New York. "I remember the time we pulled into a truck stop somewhere in Kansas while on tour one morning. A farmer told me there had been four suicides in the neighborhood, and I could feel how on edge *he* was. Another said that he'd lost his farm, and his wife had left him, and he couldn't find any other work. Well, I know what it's like to feel down, and once I realized how bad the farm crisis was, I had to help."

He's heard the pleas of desperate farmers, and he refuses to turn his back on their struggle to survive

Willie has firsthand experience of just what a struggle it is to keep a farm going—he grew up picking cotton in Texas during the depths of the Depression. Times were so tough that he and his sister had to live with grandparents while their mother and father (divorced when Willie was six months old) went their separate ways to find work. Years later, he lost most of his own money on a farm he had bought outside Nashville in the late sixties. That's why he decided to organize the first Farm Aid benefit in 1985, and that's why his dedication continued long after the lights went down.

After the benefit concert, Willie set up Farm Aid Inc., which now plans all the benefit concerts and has also collected and distributed to local farm groups more than $11.5 million so far in donations made to its telephone pledge line (800-FARM AID). He's testified *(continued)*

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WHAT'S HOT STARS WHO CARE

(continued) at congressional hearings on farm allocations, and he's turned his office in Spicewood, Texas, into a crisis hotline, where he and his secretary, Jody Fischer, field calls from desperate farmers around the country who need advice—or just someone who can listen sympathetically to them. "Many of the callers can't help crying, and as you talk to them, you can imagine huge, strong men with large, scarred hands weeping like babies," Jody says. "Or there are those who show no emotion at all; they're the ones who sound like they're already dead inside."

To help raise farmers' spirits, Willie once hooked up a satellite feed from Texas to a small town in Iowa so that he could sing and talk to farmers who were gathered together for a support group and prayer meeting. He will also occasionally play a small benefit concert at a food pantry, even though his official touring schedule is usually packed solid. His concerts are legendary—wild, foot-stomping, flag-waving, hand-clapping affairs that leave his fans cheering for more. Right now, he's in the midst of a six-month national tour that will have him playing sixty-five dates to promote *Island in the Sea*, his twenty-fifth album in the last ten years. And when the tour ends in November, Willie would like to spend a little time at his home in Austin, Texas, with his wife, Connie, and their two teenage daughters. (Willie also has three children from the first of his two previous marriages.) But now he's gearing up for this month's Farm Aid, his most important concert of the year. Because as long as Willie Nelson is still going strong, he vows he will never forget the proud, independent farmers and the way of life he knows so well.



Morgan Renard/Sygma

Willie continued his efforts for farmers long after the first concert. "I was never much good at walking away," he says

"If we lose the family farm, we lose more than a piece of land or individual growers of food," Willie says. "We lose a self-sufficient spirit that has made our country great. I just can't let that happen."

—ELLEN HAWKES



Stephen Ferry/Gamma-Liaison

It was a taboo topic until Liz's crusade united the biggest stars in Hollywood

A-I-D-S. They are four scarlet letters no one in Hollywood dared mention for the longest time. When Rock Hudson died in 1985, it sent a panic through the entertainment industry, with actresses refusing kissing scenes and rumors spreading about any actor who lost a few pounds or came down with the flu.

That's when Elizabeth Taylor, the unlikeliest of heroines, said "enough." In memory of Rock Hudson, her long-time friend, she began a brave crusade to raise funds and quell fears that ultimately galvanized all of Hollywood. Today, the anti-AIDS effort is the single most important cause in the entertainment industry. The release this summer of public service announcements from the Red Cross by some of the biggest stars, including Meryl Streep, Johnny Carson, Robert De Niro and Glenn Close, shows the urgency felt by an industry that has already lost some of its most respected members.

"AIDS is a cruel and tragic disease that indiscriminately consumes our friends, family and loved ones," Taylor told the *Journal*. "The only solution is care—for all of us to take an active role and eradicate this disease before it eradicates the world. AIDS should be everyone's priority, because as long as we do not have a cure, *(continued)*

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WHAT'S HOT STARS WHO CARE

(continued) it is a time bomb that threatens our children, our society—even our economy." Yet when she first began her crusade, Taylor says she met with great resistance, fear and prejudice. She claims she lost a job doing a commercial for a soft-drink firm two years ago, after it was learned she was chairman of the American Foundation for AIDS Research. And when she tried to find sponsors for a fund-raising dinner, "it was extraordinary how many people didn't want to have their names connected with it," she says. "It would blow your mind who wouldn't help. I was both terribly frustrated and incensed."

Today, all that has changed. Taylor's crusade, and the full impact of AIDS, has shaken Hollywood into action, creating some unusual allies. Middle-of-the-road singers Dionne Warwick and Burt Bacharach teamed with Stevie Wonder, Gladys Knight and the flashy Elton John to turn out the charity album *Friends*, which has raised more than $800,000 for AIDS research. One can only imagine what Yoko Ono, Brooke Shields and Dr. Ruth chatted about when they appeared with other luminaries at a recent AIDS benefit in New York.

But despite raising millions of dollars, the celebrity efforts are a long way from over. Already planned for October 5 is a fund-raiser, "Dancing for Life," in which top dancers from eleven major companies in New York City will perform. Where celebrities once kept their distance from the issue of AIDS, they are now proudly coming forth to lend a helping hand.



S. Sands/Outline



Russell C. Turiak/Outline



Eva Serény/Sygma

When the American Red Cross asked for spokesmen, they never expected megastars like Robert De Niro, Meryl Streep and Johnny Carson to respond

"There is no time to worry about whether this disease is too controversial to become involved with, because too many people are getting sick and dying every day," says Sam Waterston, who made one of the Red Cross commercials. "I think the entertainment community has finally realized we must awaken the country to the problem, because the most dangerous thing of all would be to close our eyes and pretend AIDS doesn't exist." —ERIC SHERMAN

Celebrities and their causes



Alain Dejean/Sygma

PAUL NEWMAN One of these days, the mon is going to grow wings. He's made more than $11 million fram his popular line of foods—and turned it all over ta charity. And he's building o camp in Connecticut for terminally ill children. "What I like is when life wiggles its hips and throws me a surprise," he says. "The experts told us we couldn't give away our profits and survive. We didn't listen. Just look at what we're doing now."



Jean Chiasson/Gamma-Liaison

MARY TYLER MOORE Fram hardship comes strength, and Mary has certainly had her share. A diabetic and recovering alcohalic, she was torn aport when her son fatally shat himself seven years ago. Mary has spoken obout her problems and lent her support ta various causes, including the Juvenile Diabetes Foundation. "Poin nourishes my caurage," she says. "You can't be brave if you've had only wonderful things happen ta yau."



P. Harbron/Sygma

JERRY LEWIS He crosses his eyes, shrieks like a hyena during moting season, stuffs cigarettes up his nose. And every Labor Day weekend he pours his heart out. So far, Jerry Lewis's twenty-one Muscular Dystrophy telethons have brought in more than $400 million in pledges far his kids, and he's still going strong. "I'm aften asked why I do it," he says. "Well, it's because I'm selfish. ! love the way I feel when I'm working for my kids."



Steve Harvey/Phototrends

SALLY STRUTHERS Even Archie Bunker would be proud. Since 1976, Sally has traveled the world as chairperson af the Christian Children's Fund, which sponsors needy children. "Years ago, I sponsored a sad-eyed boy suffering from malnutrition," she says. "Today, I get pictures of him with a healthy smile, which makes my heart swell with pride. That's why I won't stop until there are no more hungry children." —ERIC SHERMAN

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Look familiar? This is the magazine that Mrs. Gorbachev, wife of the Soviet leader, asked *LHJ*'s editor for

A new style First Lady

Petite, redheaded Raisa Gorbachev, wife of Soviet General Secretary Mikhail Gorbachev, is the first "First Lady" the Soviet Union has ever had. In the past, the frumpy wives of Kremlin leaders have always practically disappeared into the proletarian gray background. But in the past year, Raisa Gorbachev has stepped forward on the three-inch heels she favors and appears to enjoy standing front and center in the spotlight.

I met this fascinating woman, who has been the focus of so much speculation, at a gala reception in Moscow's Red Square. Although many American journalists, including Barbara Walters, have tried to interview Mrs. Gorbachev, I am the first American journalist with whom she has talked. We met at the opening of an exhibition of American porcelain, created by the Boehm Studio, of Trenton, New Jersey, known internationally for highly prized sculptures of animals, birds and flowers. The show was held at the Exhibition Pavilion for Nature (continued)



Myrna Blyth has a rare conversation under the lights of Soviet TV

Julie Cunningham

By Myrna Blyth

Betty Crocker

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designer Slava Zaitcev. Mrs. Gorbachev's auburn hair w short, curled and well styled; her nails were neatly mar cured. She wore small dangling diamond earrings.

When Mrs. Gorbachev visited Great Britain a couple years ago, soon after her husband first came to power, t British papers enthusiastically called her "the Bo Derek the steppes" and declared she was "Soviet realism's answ to Princess Di." Not quite. But she looks a decade young than her fifty-four years and has a gaminelike appeal.

During the opening ceremony, when Helen Boehm, hea of the Boehm Studio, praised Mrs. Gorbachev's elega appearance, Mrs. Gorbachev smiled at the crowd in r sponse and said, "All ladies like to hear compliments." B Russia's First Lady is also able to deflect excess enthusias with considerable deftness. When some amateur photogr phers got too close, Mrs. Gorbachev muttered "Back off" in English. And when a few guests called out question she murmured, again in English, "This is *not* a pre conference." Obviously, when she wants to, she can unde stand and speak the language.

Though much more has been written about her than a of her predecessors, Mrs. Gorbachev remains somewh mysterious. She is *believed* to be Mikhail Gorbachev's se ond wife. The Gorbachevs are *believed* to have two ch dren, but only one, a daughter, Irina, a physician in h late twenties, has ever been photographed. Mrs. Gorbach also says she has a granddaughter.

A college professor, she has a degree in philosophy fro Moscow University (also her husband's alma mater), a she has taught Marxist-Leninist theory there. When s was in Great Britain, she impressed officials with h knowledge of British history and literature, special inte ests of hers. Her favorite English novel, she says, is *Van Fair*, a nineteenth-century novel of an ambitious a

FIRST LADY
continued

Conservation, a whitewashed former Russian Orthodox church in the very shadows of the Kremlin Wall. As a crowd of Americans in evening gowns and dinner jackets (along with a group of considerably less resplendent Soviet dignitaries) watched, Mrs. Gorbachev and Vassili Zacharov, minister of culture of the U.S.S.R., saluted Soviet-American cultural exchanges.

"Such exchanges are important to the friendship of our two countries," Mrs. Gorbachev said in Russian. She waited patiently, smiling slightly, while her words were translated for the American guests. Soviet television was filming this very special event. "And such exchanges are important to enrich the lives of the people of the Soviet Union," she continued emphatically, looking straight into the lights and the camera.

Mrs. Gorbachev, savvy political wife, was spreading her husband's message of *glasnost*—that a better, more open life was possible for the people of the Soviet Union. She knew her speech would be carried nationwide on the evening news, the most-watched of all news broadcasts, and she was not going to miss such an opportunity.

Surprisingly short (only about five foot two), Mrs. Gorbachev nonetheless has a commanding presence. With her trim figure, she couldn't be more different from Nina Khrushchev, that grandmotherly dumpling of a woman, the only other wife of a Soviet leader the American public ever really saw. That evening she was dressed in a smart brown and white silk tweed ensemble shot with glittery threads. Though it is rumored that she buys some of her clothes in Paris at Pierre Cardin and Yves St. Laurent, most of her chic wardrobe is the creation of top Soviet

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go to school," she said. Mrs. Gorbachev herself serves on the board of the Cultural Fund, which promotes public support of the arts. This is considered her official post.

"We find our readers need help and support in balancing their lives between work and home," I answered.

She nodded almost before the interpreter had a chance to translate my words. She smiled at me and said, "Perhaps it would be a good idea for you to start a magazine like yours in the Soviet Union." The Americans who were eavesdropping on our animated conversation nodded in agreement.

"Well, I know whose picture I'd put on the first cover," I said. It was obvious to Mrs. Gorbachev and her interpreter whom I meant. They conferred for a moment. Mrs. Gorbachev nodded and smiled. "Well, we'll have to see about that," she said. Our conversation had brought her tour of the exhibition to a standstill. The crowd began to close in.

"After I've read your magazine, we'll have more interesting things to say to each other. I want to read your magazine," she said, shaking my hand firmly.

I promised to send her a copy the next day. I told her—before she was swept away by her protective plainclothesmen—that I hoped I'd have a chance to talk with her again about women, about the similarities and differences between our two countries. And about herself.

Like her husband, Mrs. Gorbachev is trying to change the facts of Soviet life. And neither of them is having a very easy time. Even in my short visit, I could see that the Soviet Union has enormous economic problems. Though able for the past twenty-five years to send men and women into space, it is still unable to move fresh fruits and vegetables from the countryside into the almost empty food stores of Moscow. An Italian diplomat who sat with me in the first-class section of the Aeroflot plane on the trip to Moscow (yes, the Soviet airline has a first class) told *(continued)*

ruthless woman who tries to make her way in society.

As the crowd clustered around, Helen Boehm escorted Mrs. Gorbachev through the exhibition, pausing in front of the porcelain American Bald Eagle, created especially for the show. Mrs. Gorbachev said she loved that the birds were modeled in flight. "They look so beautiful and real."

I was introduced to Mrs. Gorbachev as the editor of America's most respected women's magazine. Her brown eyes snapped with curiosity.

"And what is the name of your magazine?" she asked through the interpreter.

"*Ladies' Home Journal*."

"That's interesting," she said. "Our biggest magazine is for working women." Then she quickly added, "Not that I think there is anything wrong with having a magazine for women who are at home. That's important, too." Again Mrs. Gorbachev sounded like a fast-thinking political wife, careful not to offend.

"*Ladies' Home Journal* is for women at home and for women who work," I explained. "It's about all the things that interest women today—their homes, their families, their work, themselves. It's full of information and interesting features." I paused to take a breath, and when I did, I had to smile. Here I was doing a commercial for *LHJ* five thousand miles from home—and directing it at the woman behind the man who rules what our own President has called "the Evil Empire." If only the *Journal*'s staff and publisher could see me now!

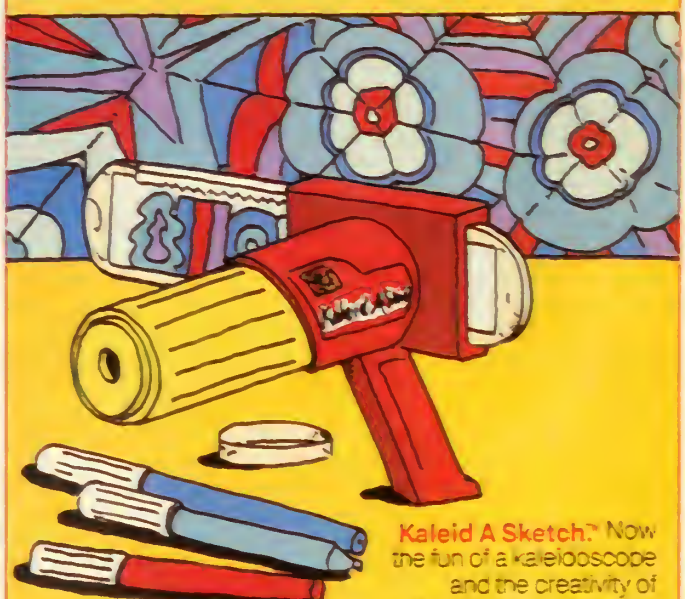
Mrs. Gorbachev was paying close attention. She was more interested than I had expected.

"How many of your readers work?" she asked.

"About seventy percent of our readers work at least part-time," I told her.

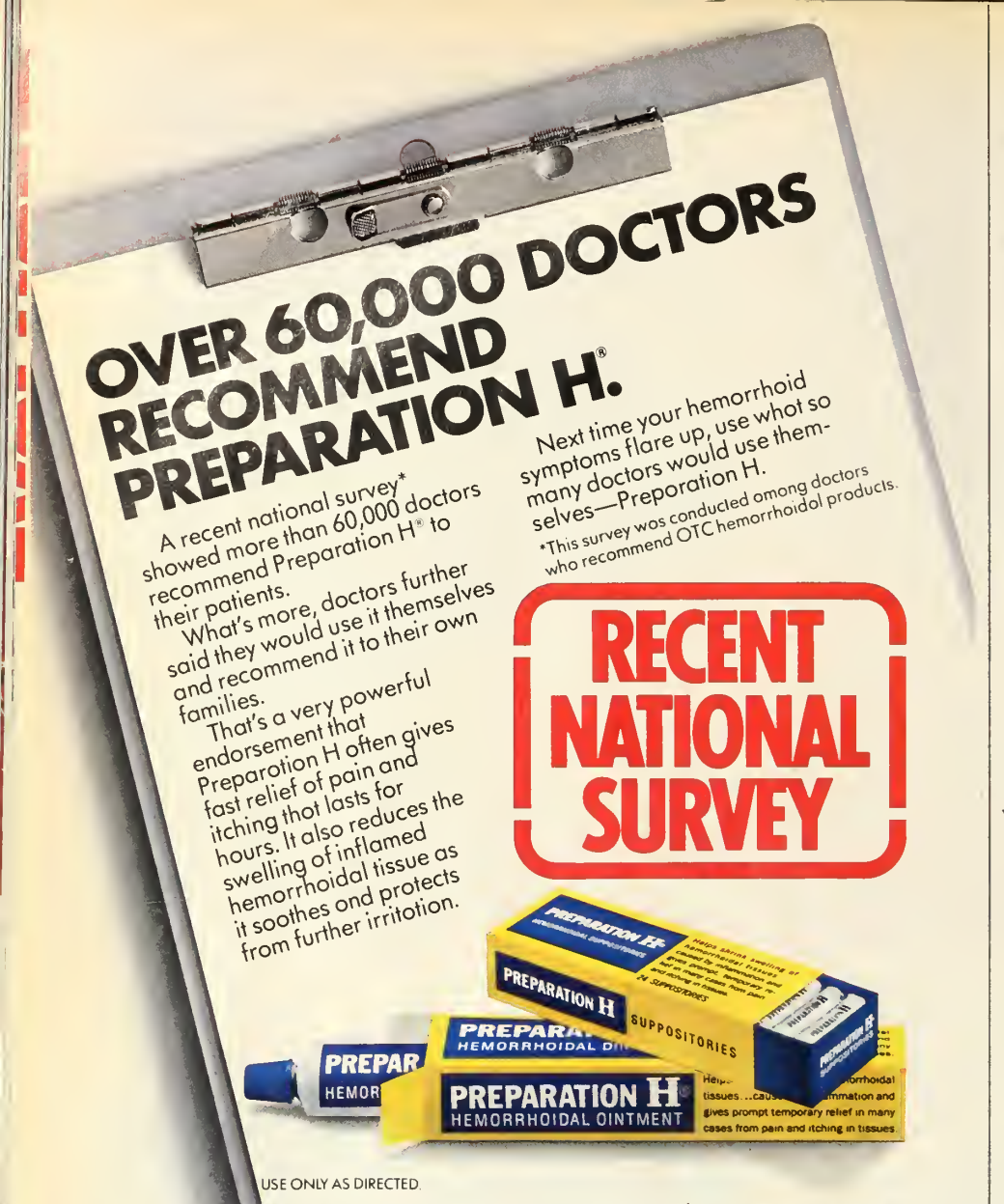
"Here, about ninety-two percent of our women work or

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FIRST LADY
continued

me there have been no bananas in the markets of Moscow for more than two years. A typical Muscovite joke about the shortages: Two Americans are eating caviar, squeezing lemon juice over it and exclaiming enthusiastically, "Look at this caviar!" At the next table, two Russians are doing the same thing and exclaiming, "Look at these lemons!"

Russia's revolutionary society is also basically conservative and slow to change. It is especially stodgy and self-righteous when it comes to judging a woman like Mrs. Gorbachev. What do the Soviets think of her? "She pushes herself forward too much," an Intourist guide at my hotel told me, admitting that she was not taken by Mrs. Gorbachev's self-confident manner. "It is better for a woman to be shy, genteel, to stay in the background."

"I personally find her very intelligent," a Soviet woman journalist told me, "but I don't think we should write about her too much. Our readers wouldn't like it."

Another woman said, "Why should she get so much attention? She's not that important. She doesn't even have a special job."

When I asked Russian women who was the most admired woman in the Soviet Union, they had trouble answering. Finally, they would come up with the name of a singer or a ballerina—never Mrs. Gorbachev.

Unlike most Americans, most Russians know almost nothing about the private lives of their leaders. And many say they do not care to learn the more intimate details, claiming they are just not interested. Most do not even know where the Gorbachevs live.

Yet one bit of gossip was circulating in Moscow when I was there: People say that there is an undercover video of Mrs. Gorbachev buying and wearing expensive jewelry and clothes. Some insiders claimed that there was footage of her in London making purchases with an American Express Gold Card. And it is said that the film had been shot either by a Western intelligence service or by the KGB, the Soviet secret service, in an attempt to discredit and undercut Mikhail Gorbachev and his reform program. Also Mrs. Gorbachev purportedly wore four different outfits on the same day when French president François Mitterrand and his wife visited Moscow.

Westerners in the Soviet capital appear to be more understanding of the Soviets' new-style First Lady than are her own countrymen—and women. One embassy official told me that during the seventies, when Mikhail Gorbachev was a high Soviet official, he and his wife would often travel by themselves to Italy and the more liberal Eastern-bloc nations to see the way people lived in freer societies. "Obviously, they liked what they saw, and they wanted to bring some of that new freedom here."

Vladimir Pozner, the Soviet journalist and spokesman whose flawless English and gutsy style have made him a frequent guest on both the Phil Donahue and Ted Koppel TV shows, was also sympathetic to Raisa Gorbachev's problems. "You know, we Russians used to say, 'Look at our leaders' wives—so dowdy, so old-fashioned. We can't take them to meet the wives of Western leaders. It's terrible.' But nowadays the same people who used to complain are saying about Mrs. Gorbachev, 'Why is she always up there in front? Where does she get those clothes? Who's paying for her trips?' They're *still* complaining," he said.

Obviously Mikhail Gorbachev's policy of openness also means the openness to criticize his wife—something that has never happened before in the Soviet Union. But it's something an American wife would understand—especially an American wife named Nancy Reagan. **End**

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LHJ9

LOOKING GOOD

By Constance Leisure

Get inspired by fall dressing



Going short again doesn't have to be scary. The right jackets, tunics and colors help camouflage and coordinate

Here's what we thought were the best ideas from the international collections for updating your wardrobe this season.

■ Skirts are shorter, stretchier, and silhouettes slimmer and curvier. How can you look your thinnest? By going monochromatic. Termed tonal dressing, it calls for tops, skirts, legs and shoes in the same hue for a sleek, new look. Hot colors to choose are browns, reds, charcoals and camels. But don't be afraid to mix color combinations. A short black skirt worn with black hose and shoes and topped with a bright yellow jacket prompted an enthusiastic response from this year's audience.

■ Some safe ways to go short without being too revealing are jackets and tunics—loose, drapey and skirt length or slightly above. ■ Flat shoes are super with shorter skirts, but so are the very latest: cone-shaped heels in two- to three-inch heights. ■ Short, roomy seven-eighths-length coats with ultrawide sleeves worn over slim pants or miniskirts with over-the-knee boots add up to a totally new fall fashion look. Belted trenchcoats over stretch pants also create a sensational shape. ■ Some of the most feminine skirts we saw at the collections were wool challis prints with hems ending in a soft pouf at the knee. Knee-length culottes with a kicky, flirty swing, paired with waist-length jackets or sweaters, were other eye-catchers. ■ Hairstyles ranged from conservative blunt cuts to more sculpted coifs. Sometimes upswept locks were studded with little clips, tortoise combs and horn sticks. Big earrings were important once again.

Tohru Nakamura

INTIMATES ON EXHIBIT





Sexy lingerie that can give you a better figure under clingy clothes is available for all figure types. Left, Warner's Underwire Body Shaper. Right, Olga's Christina Longline Bra, Malibu Brief

Underwear used to have to blend in, be nude. Then the androgynous phase followed. But sexy underwear is back. Designers are creating smoother, curvier lingerie that can help you look svelte in even the skinniest clothes.

The bosom has returned, too, and so have padded bras, but with a difference. Light fiberfill creates a flattering line under clingy clothes.

Another trend is toward support bras that are sheer and sexy. A spokesperson for Olga said, "Less bra, more show, more shape," when talking about the new Showtime bras for average to fuller figures (B to D cups) the company recently introduced. These see-through, lacy bras look sensational, but they're also sensible: Stretch fabrics and underwires shape and support.

Also newsy are racy, low-backed bustiers in cotton, tricot or stretch lace; long-line bras; push-up bras with removable pads; and slimming bra-slips that have been redesigned to meet women's changing fashion needs.

According to Maidenform representatives, another strong lingerie look is the high-leg brief. Women have realized that the bikini-brief line really does show through clothes. But the high-leg brief creates a very sexy long leg extending to the waist. Good-bye, visible panty line. And from Warner come light- to moderate-shaping briefs. Called The End, these panties (with specially molded backs) firm and lift less-than-perfect derrieres.

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TRAVEL TALK

By Ron Butler

G'DAY IN AUSTRALIA

Americans are going south in record numbers. Way south—to Australia—land of koalas, wallabies, billabongs, swagmen and kangaroo-tail soup.

Most go searching for something new and untried but are nevertheless pleasantly surprised to find a country much like our own. The U.S. and Australia are about the same physical size. Both were settled by the British at roughly the same time. Both once had open frontiers inhabited by squatters and prospered during fabulous gold rushes. Both have the same basic laws, the same monetary system and (although this is at times debatable) the same language.

There are, of course, differences. Down Under, water goes down the drain counterclockwise, or backward to us. Seasons are reversed. And to get warm, Aussies travel north instead of south.

With a population of almost sixteen million (little more than that of Pennsylvania), Australia provides plenty of space for its people to move about in, a key, perhaps, to their open, friendly character. Errol Flynn was Australian, as is current movie heartthrob Mel Gibson. Actor Paul Hogan's box-office hit *Crocodile Dundee* is said to have inspired almost as many Americans to visit Australia as his renowned "Slip another shrimp on the barbie" TV commercials have.





Australia offers everything you need for a perfect vacation—from beautiful beaches and bustling cities to great open spaces where you can view native koalas and kangaroos

Australia offers too much to see and do in anything less than a week. Few countries, save our own, offer such striking topographical extremes—sparkling, sun-washed cities; great, unexplored northern expanses; vast central plains; eastern mountain ranges; western plateaus; parched deserts; sandy beaches; the island of Tasmania; and the Great Barrier Reef.

Trendsetting Sydney is Australia's largest, oldest and most beautiful city. Its Kings Cross section—Soho South—is both elegant and gaudy, sophisticated and simple. The $148-million Sydney Opera House, with its futuristic, saillike architecture, is the nation's best-known landmark. Melbourne, an ocean-harbor city in the south, is the culinary capital of Australia. Perth is located on the west coast and is considered slower and more relaxed than all other Australian cities. All, that is, except ultra-mellow Canberra, the capital.

Australia will celebrate its bicentenary in 1988 with yearlong festivities all through the country. For more information and a free travel guide, write the Australian Tourist Commission, Distribution Center, P.O. Box 7049, North Hollywood, CA 91605; or just call toll free 800-445-4400.

Special off-season round-trip airfares (effective through September on Qantas, the Australian national carrier) are $896 from Los Angeles or San Francisco to Sydney, Cairns, Brisbane or Melbourne.

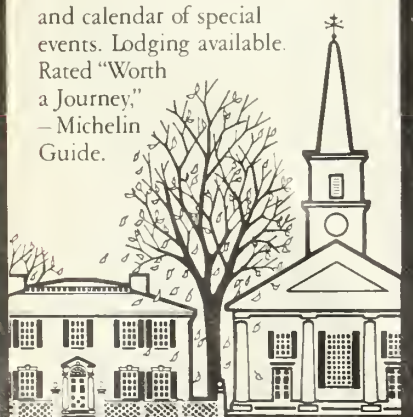
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A VIEW OF NEW ENGLAND'S FALL FOLIAGE

According to Indian legend, red leaves symbolized the killing of the Great Bear of the Heavens, and yellow leaves represented the fires with which he was cooked.

The scientific explanation for why some leaves change color is that red and yellow hues are already present in certain leaves but are hidden by green chlorophyll. As chlorophyll breaks down during early fall's cool nights, vibrant colors are produced.

Though somewhat unpredictable, New England's fall foliage season traditionally begins in mid- to late September and ends about a month later. The season's peak, when colors are their most brilliant and breathtaking, lasts roughly a week. The best foliage results after a rainy spring and summer and a fall blessed with warm, bright days and cool nights.

Surely no one can hear the rustle of leaves underfoot without recalling favorite fall memories: football games, apple cider, heavy woolen sweaters and crisp air laced with wood smoke.

Foliage can be enjoyed in so many ways—a bicycle ride along back roads, a walk down country lanes or just a spin in the family automobile. For a free guide to New England foliage season activities, write (specifying state or states you wish to visit) the New England Vacation Center, 630 Fifth Avenue, New York, NY 10111. Or phone 212-307-5780. Massachusetts has a special toll-free hotline for fall foliage information. Call 800-632-8038 in Massachusetts and 800-343-9072 in all other Northeast states. From elsewhere, phone 617-727-3201.

LEONARDO EXPO

There's still time to catch "Leonardo da Vinci: Engineer and Architect," the spectacular exhibition that has attracted visitors by the tens of thousands to The Montreal Museum of Fine Arts. The show runs until November 8.

Original drawings, large reproductions and models of visionary machines designed by da Vinci make up the show. It's highlighted by numerous original manuscripts that have not been collected under one roof since the artist's death.

Guided tours, audioguides, educational workshops, theatrical works, music and films are also featured. Many special hands-on displays are designed especially to be operated by children.

The Montreal Museum of Fine Arts is located at 1379 Sherbrooke Street, West, and is open ten A.M. to ten P.M. daily (except Monday). Adults $6.60; students and seniors $2.75; under twelve $1.10.

Puerto Rico's charming hideaways



High rollers and big spenders may find happiness at the plush Condado Beach area of San Juan, but others may discover the island's small country inns, called paradors, outside San Juan to be even more appealing places in the sun.

One such spot is the Parador Hacienda Juanita, on a restored coffee plantation about an hour's drive from Mayagüez. The main house dining room is filled with antique farm tools; rooms are decorated with ceiling fans and tile floors. Outside, guests enjoy lush mountain scenery and an inviting swimming pool. (A double room costs $30.)

Another quiet retreat is Parador Hacienda Gripiñas, a pretty white-and-green clapboard house also on a former coffee plantation. It's in Jayuya, about ninety minutes north of Ponce, Puerto Rico's largest city. Lunch is usually served beside the swimming pool. (Room rates for a double begin at $35.)

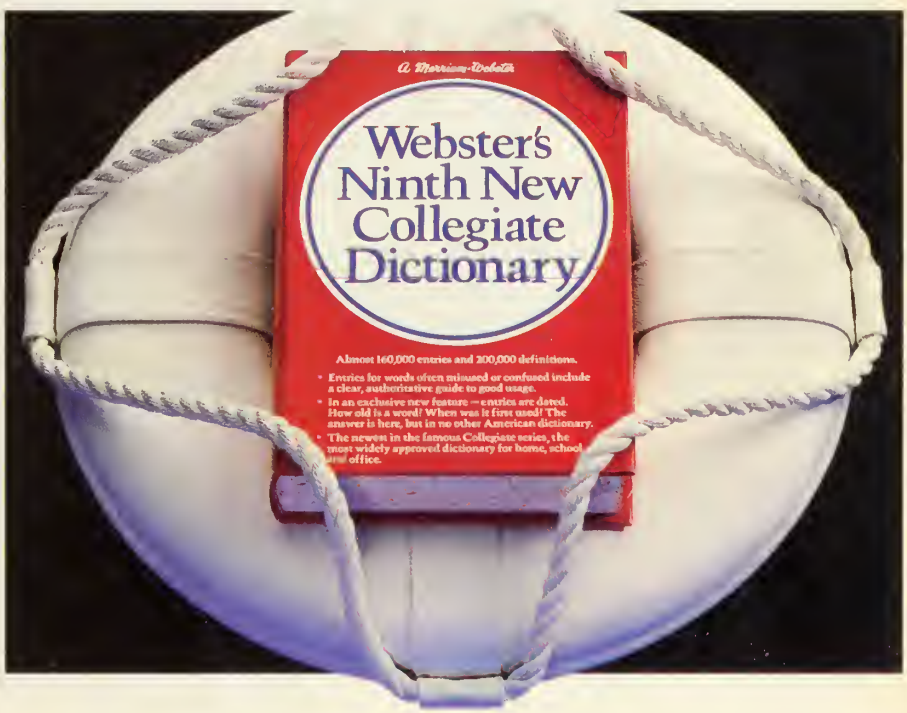
For those who are looking for country warmth in a city, try the Galeria San Juan guest house, in San Juan. Although not considered a parador, it's one of the oldest and most charming homes in the city—providing peaceful surroundings in a convenient locale. (Rooms cost about $60 a night.)

For information about paradors, call the Puerto Rico Tourism Company at 800-223-6350 or in New York at 212-541-6630. Or write: P.O. Box 4435 Old San Juan Station, San Juan, PR 00905.

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COOKING FOR TODAY

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LEEK AND MUSTARD PIE

The mustard gives a little bite to the natural sweetness of the leeks in this pie. Different types of cheese go well with leeks, particularly a sharp Cheddar or Cantal.

Prep time: 40 minutes plus tart shell
Baking time: 40 minutes

- **3 tablespoons butter**
- **4 to 5 cups sliced leeks (about 1 lb., trimmed)**
- **½ cup white wine or water**
- **½ teaspoon salt**
- **Freshly ground pepper**
- **2 eggs**
- **1 cup heavy cream or crème fraîche**
- **1 to 2 tablespoons smooth or coarse Dijon mustard**
- **¼ cup shredded Cheddar cheese**
- **1 partially baked tart shell (recipe follows)**
- **2 tablespoons snipped chives**

In large skillet melt butter over medium heat; add leeks and saute 2 to 3 minutes. Add wine or water and salt. Reduce heat to low; cover and cook until leeks are tender, 10 to 15 minutes. If necessary, add more wine or water after 7 minutes. Season to taste with pepper.

Adjust oven rack to lowest position. Preheat oven to 425°F. In large bowl beat eggs with cream or crème fraîche and mustard. Stir in leeks and grated cheese. Pour filling into tart shell. Smooth top and sprinkle on chives. Bake 10 minutes. Reduce temperature to 375°F. and bake 30 minutes more or until set and golden. Let stand 5 minutes before serving. Makes 6 servings, 495 calories each.

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SPINACH-GOAT CHEESE PIE

Use a creamy goat cheese such as Bucheron or Lezay or a feta. If you do use feta, reduce the amount of salt in the recipe.

Prep time: 40 minutes plus tart shell
Baking time: 40 minutes

- **3 tablespoons butter**
- **2 bunches green onions, white part only, sliced thin**
- **1 to 2 garlic cloves (1½ teaspoons), minced**
- **1 tablespoon fresh marjoram leaves or ½ teaspoon dried**
- **1 tablespoon chopped parsley**
- **1 bag (10 oz.) fresh spinach, rinsed well**
- **Salt and freshly ground pepper**
- **2 eggs**
- **1 egg yolk**
- **4 ounces goat cheese, crumbled, divided**
- **¾ to 1 cup milk**
- **¾ to 1 cup heavy or whipping cream**
- **Pinch nutmeg**
- **1 partially baked tart shell (recipe follows)**

In large skillet melt butter over medium heat. Add green onions, garlic, marjoram and parsley; cook 1 minute. Gradually add spinach in batches, letting each batch begin to soften and wilt before adding the next. Season with ¼ teaspoon *each* salt and pepper. Drain, squeezing out any excess moisture.

Adjust oven rack to lowest position. Preheat oven to 425°F. Beat eggs with egg yolk and half the cheese until smooth. Add milk, cream, nutmeg, ½ teaspoon salt and ¼ teaspoon pepper. Spread spinach on bottom of tart shell. Crumble remaining cheese on top. Pour on custard. Bake 10 minutes. Reduce heat to 375°F. and bake 30 minutes more or until set and golden. Let stand 5 minutes before serving. Makes 6 servings, 455 calories each. *(continued)*







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EGGPLANT-TOMATO TART

Plum tomatoes are ideal to use in this tart: They have firm flesh and little juice and are not too large.

Prep time: 35 minutes plus tart shell
Baking time: 45 minutes

- ¼ cup olive oil
- 2 Japanese eggplants (about 12 oz. total), cut into ⅜-inch slices
- Salt and freshly ground pepper
- 2 eggs
- 1 egg yolk
- 1 cup half and half cream
- Pinch nutmeg
- ½ cup julienned basil leaves
- ½ cup shredded provolone cheese
- 3 plum tomatoes, peeled, seeded and cut into ⅜-inch slices
- 1 partially baked tart shell (recipe follows)

Preheat oven to 450°F. Lightly oil a cookie sheet. Arrange eggplant slices on cookie sheet and brush generously with oil. Sprinkle with salt and pepper. Bake until golden and tender, about 5 minutes. Reduce oven temperature to 425°F. Adjust oven rack to lowest position.

In bowl beat eggs, egg yolk, cream, ¾ teaspoon *each* salt and pepper, the nutmeg and basil. Sprinkle cheese over tart shell. Layer eggplant and tomato slices over cheese, then pour on custard. Bake 10 minutes. Reduce oven temperature to 375°F. Bake 30 minutes more or until set and golden. Let stand 10 minutes. Makes 6 servings, 395 calories each.

SORREL-ONION TART

This tart is based on a recipe from Richard Olney's *Simple French Food*. The almost lemony, tart taste of sorrel is very pleasing with the sweet stewed onions.

Prep time: 25 to 30 minutes plus tart shell
Baking time: 35 to 40 minutes

- 4 tablespoons butter, divided
- 1 large red onion, sliced thin
- Salt
- 4 ounces sorrel leaves (8 cups, loosely packed), trimmed and sliced
- 2 eggs
- 1 cup heavy or whipping cream
- ½ cup shredded mozzarella cheese, divided
- Freshly ground pepper
- 1 partially baked tart shell (recipe follows)

In small skillet melt 3 tablespoons butter over medium heat. Add onion and ½ teaspoon salt; cover and cook, stirring occasionally, until onion is translucent, about 10 minutes.

Meanwhile, in large skillet melt remaining 1 tablespoon butter over low heat. Stir in sorrel a large handful at a time; cook until wilted, 3 to 4 minutes.

Adjust oven rack to lowest position. Preheat oven to 375°F. Place tart shell in pan on a cookie sheet. In large bowl whisk eggs and cream; stir in onion, sorrel and half the cheese. Season with salt and pepper. Sprinkle remaining cheese over crust; pour filling on top. Bake 35 to 40 minutes or until set and golden. Makes 6 servings, 455 calories each.

TART PASTRY

Prep time: 5 minutes plus chilling
Baking time: 15 to 22 minutes

- 1 cup all-purpose flour
- ½ teaspoon salt
- 4 tablespoons cold unsalted butter, cut up
- 1½ tablespoons vegetable shortening
- 2½ to 3 tablespoons ice water

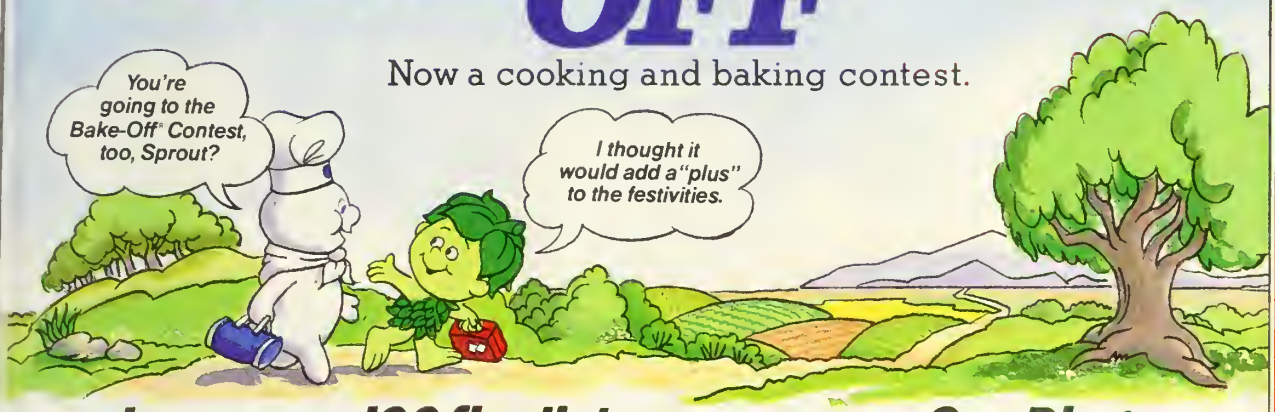
In bowl combine flour and salt. With pastry blender or 2 knives, cut in butter and shortening until mixture resembles coarse crumbs. With a fork gradually stir in water until pastry just holds together. Shape into a ball. Wrap pastry in plastic wrap. Refrigerate at least 30 minutes before using.

Preheat oven to 425°F. On lightly floured surface roll pastry into a circle ⅛ inch thick. Transfer to a 9-inch tart pan; trim edges. Line pastry with foil and fill with dried beans. Bake 10 minutes. Remove foil and beans; bake 5 minutes more for partially baked tart shell, 10 to 12 minutes more for fully baked shell. ■

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Enter the Pillsbury BAKE-OFF® PLUS

Now a cooking and baking contest.



If you're one of ***100 finalists****, you'll win a trip to* ***San Diego*** *to compete for a Grand Prize of*

$40,000

in cash and a

$10,000

"Redo your Kitchen" Kenmore® shopping spree at **SEARS**

Bring along your best vegetable or microwave recipe, Sprout. Bake-Off® is now a baking and a cooking contest, so we've changed the name to Bake-Off® Plus. Now you can submit any kind of recipe using Green Giant® canned and frozen vegetables, Pillsbury Microwave Cake Mixes, and your old favorites from years past: All Ready Pie Crust, Crescent Dinner Rolls, Hungry Jack® Biscuits, Pillsbury's BEST® Flour, and Pillsbury Plus Cake Mixes. So even if you don't bake, this is the year to enter Bake-Off® Plus, brought to you by Pillsbury and Sears.



Just call ***1-800-458-BAKE*** *by September 30, 1987 for an entry blank and official rules. Written entries must be received by October 20, 1987. Void where prohibited.*

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We brought in a big contestant.



Pillsbury **PLUS**
BAKE-OFF®
Now a cooking and baking contest.

The Green Giant® is now part of the Bake-Off.® You may enter any recipe using his vegetables in the canned and/or frozen category. Finalists win a trip to San Diego to compete for up to $126,000 in cash prizes. (Details on preceding page.)

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Luscious Plus!

Your family will love this delicious new recipe from Pillsbury!





Pillsbury Lovin' From The Oven.

Double Fudge Sour Cream Cake

- 1 pkg Pillsbury Plus Devil's Food Cake Mix
- 1 cup dairy sour cream
- ¾ cup water
- ⅓ cup oil
- 3 eggs
- 1 cup miniature semi-sweet chocolate chips
- 1 can Pillsbury Ready To Spread Chocolate Fudge Frosting Supreme

Heat oven to 350°F. Grease and flour two 9-inch round cake pans.* In large bowl, combin mix, sour cream, water, oil and eggs at low speed until moistened. Beat 2 minutes at HIGH speed. Stir in chocolate chips. Pour batter into prepared pans. Bake at 350°F. for 35 to 45 minutes or until toothpick inserted in center comes out clean. Cool 15 minutes; remove pans. Cool completely. Fill and frost cake with Chocolate Fudge Frosting Supreme. 12 ser

TIP: *If baking in two 8-inch round cake pans, remove 2 tablespoons batter from each pa prevent overflowing in oven.

HIGH ALTITUDE—Above 3500 Feet: Add 4 tablespoons flour to dry cake mix. Bake at 375

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Unbelievable Taste!
Black Forest Cherry, Pineapple Creme, Tunnel of Fudge, Boston Cream... and more. Try them all!

*Bundt trademark for cake and cake mix used under authority of Northland Aluminum Products, Inc., Minneapolis, MN ©TPC 1987



The Training Table Meat of the U.S. Ski Team

Flavorful Louis Rich® Oven Roasted Turkey Breast and Turkey Ham are made from naturally lean turkey. In fact, our Cold Cuts are up to 98% fat free. That's why they've been chosen to help the U.S. Ski Team be America's Best.

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No purchase necessary.

See official rules on coupon.

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TRISCUIT®
"Recipes of the Year" Contest

$25,000 GRAND PRIZE

365 Prizes to Win:

- 12 Recipes of the Month: **$2,500**
- 52 Recipes of the Week: **$250**
- 300 Honorable Mentions: **$25**



Nothing compares with the great crunchy taste of TRISCUIT for snacks, home entertainment and everyday meals. Enter your own creative recipes and WIN exciting cash prizes!
See official rules for details.



PLUS... FREE TO EACH ENTRANT

(Plus $1.00 for postage and handling)

An attractive nostalgic 1988 Calendar with TRISCUIT recipes & coupons for each month.



TRISCUIT® "Recipes of the Year" Contest Entry Instructions and Official Rules

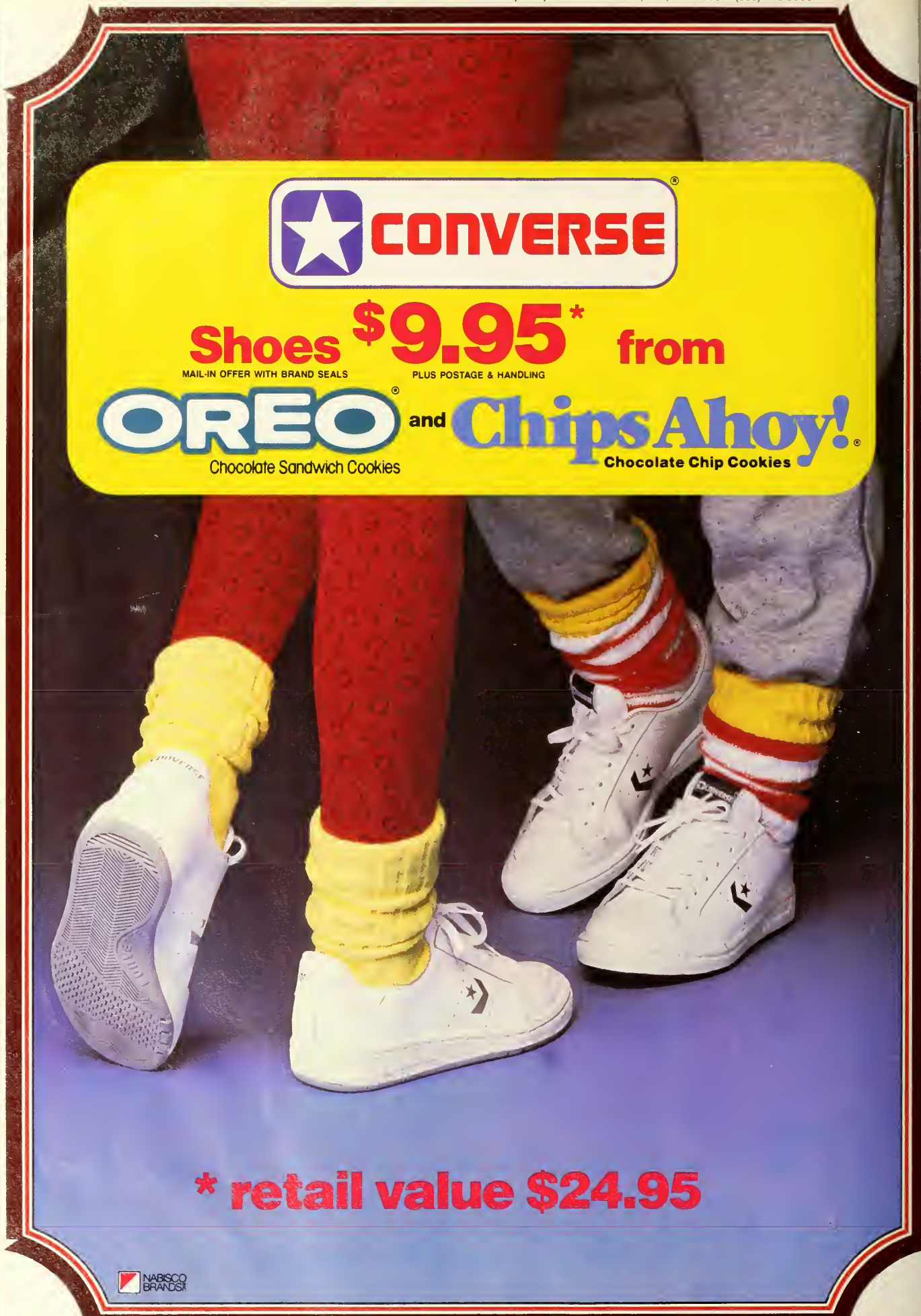
1. To enter the TRISCUIT "Recipes of the Year" Contest you must submit a recipe that makes use of TRISCUIT Wafers. Each recipe must be designated to only one of the following categories: Crunchy Hot or Cold Appetizers, Creative Microwave Cooking, Delicious Desserts, Quick Hot Meals or Tasty Low Salt Snacks.

2. Recipes must be hand-printed or typed on 3" x 5" card(s) or 8" x 10" piece of paper. Your name, address, city, state, zip code, and category designation must be clearly printed on each recipe.

3. Enter as often as you like. You can enter the same recipe into different categories. However, each recipe entered is to be considered a separate entry and must be accompanied by the following: two (2) Brand Seals from any boxes of TRISCUIT Wafers and an Official Entry Form (found on each specially marked TRISCUIT Recipe Contest package or advertisement. Or, submit two (2) TRISCUIT Brand Seals and a 3" x 5" card with your Name, Address, City, State, Zip Code and the category you're entering, as described in Official Rule #1. Your Official Entry Form or 3" x 5" card must be attached (stapled, taped, pinned or glued) to your recipe. Each entry must be mailed separately to: TRISCUIT "Recipes of the Year" Contest, P.O. Box 1572, Young America, MN 55394. ALL ENTRIES MUST BE POSTMARKED BY NOVEMBER 30, 1987.

See coupon for further details. →

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Stouffer's proudly introduces three new great-tasting Entrees. Salisbury Steak, Chicken Divan and Boneless Beef Short Rib. All three as good as can be. Only from Stouffer's.

Who knows you better than Stouffer's?

Oatmeal Goodness In A Crisp, Delicious Cereal



OATMEAL RAISIN CRISP

Big, crisp flakes made with oatmeal, plus plump, juicy raisins and crunchy bits of almonds.

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We selected real chicken and other fine ingredients for Purina O•N•E® brand Dog Food to provide optimum nutrition for your dog.





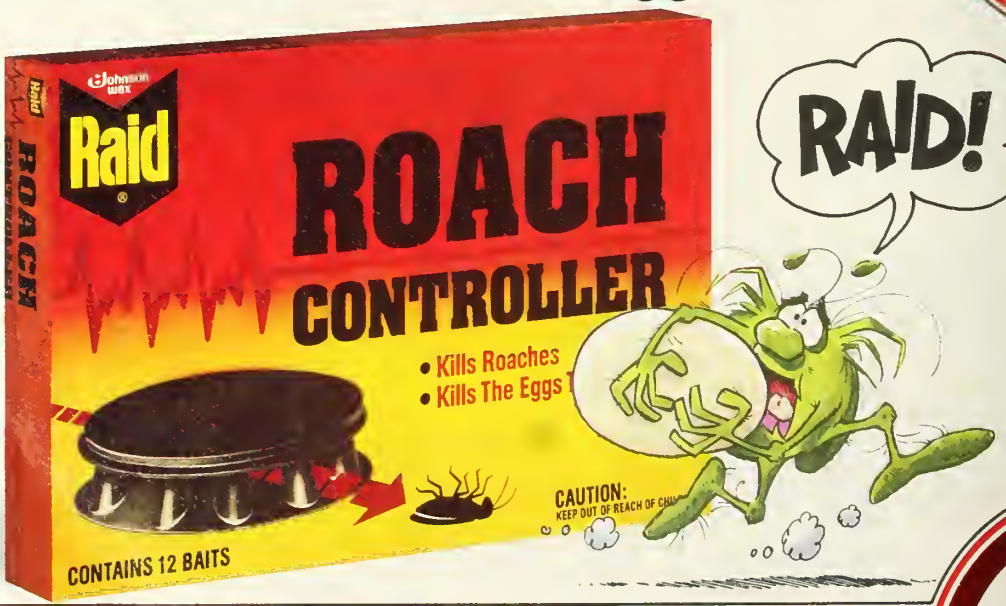
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If you have any questions or comments about Purina O•N•E brand Dog Food, call our Consumer Affairs Office toll-free at 1-800-345-5678. (Mon.-Fri., 9:00-4:30 CST).

Purina® Helping pets live longer, healthier lives™

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Guess who cracked the roach egg problem.



Some roach killers only kill roaches. But new Raid Roach Controller kills roaches and the eggs they carry,* before they hatch into more roaches.

RAID KILLS BUGS DEAD

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*Kills eggs during early development.



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n outstanding value at just 9.50 per ornament. Available n a convenient, systematic :quisition plan. Please be ure to enter your subscription y October 15, 1987

HERE ARE THE HAPPIEST, most charming, most delightful Christmas ornaments of all. Created by the artists of e Walt Disney Studio for you and your mily to enjoy year after year. Finely de- iled. Meticulously hand-painted. And terly captivating.

Mickey casts his eyes to heaven as he finds mself entangled in a strand of Christmas hts. Donald flies through the air blowing larion call on his trumpet. Jiminy Cricket ughs aloud as he swings on a candy cane. ter Pan rides a sled loaded with gifts.



Ornaments shown smaller than actual size of approximately 4 inches in height.

Pinocchio writes a letter to Santa saying "I've been a very good boy this year...." Minnie Mouse, on ice skates, is adorably flirtatious. Daisy Duck is demure and in good voice as she sings Christmas carols. Goofy, to his consternation, gets all tangled up in his skis. Tinker Bell, on a snowflake, is the perfect Christmas angel.

Here, too, are Bambi. Dumbo. Pluto. A total of twelve in all. Inspired creations from the wonderful world of Disney — now in a unique collection of Christmas ornaments, to add that special Disney magic to your tree.

Imagine the sheer *fun* of receiving these enchanting ornaments on an easy and convenient subscription plan at the rate of one new ornament each month. The anticipation. The delight as you hold each new ornament in your hands. And then — year after year — the beauty and charm and fascination of your *Disney Christmas Ornament Collection* hanging on your tree.

The ornaments are just $9.50 each — an outstanding value. And your satisfaction is guaranteed. You can return any ornament in its original condition within 14 days for prompt replacement or refund. And you can cancel your subscription at any time, by following the instructions on the invoice accompanying your shipment.

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Valid only if postmarked by October 15, 1987

YES, please enter my subscription to *The Disney Christmas Ornament Collection*, created by the artists of the Walt Disney Studio, meticulously crafted and individually hand-painted. My 12 ornaments will be sent to me at the rate of one each month, at $9.50* (plus $1.50 shipping and handling) per ornament. I may return any ornament within 14 days, at your expense, for prompt refund or replacement. And I may cancel my subscription at any time by following the instructions on the invoice accompanying my shipment. 505509

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Please allow 8 to 12 weeks for initial shipment. **NY and CT residents please add sales tax* CQE

BOOK BONUS

By James A. Michener

The Starrs have always been American patriots. But would Norman Starr's noble heritage help him in his fight for survival? An excerpt as up-to-date as today's headlines from the new best-seller honoring the bicentennial of the Constitution

LEGACY



My run of bad luck started in late December 1985. At the time, as so often happens, it seemed like good luck. I had graduated from West Point in 1972, just in time to join the final fighting in the rice paddies of Vietnam. I returned with a chestful of medals—a few earned, most routine. I married Nancy Makin; we spent our first three years of married life in the Panama Canal Zone.

It was there that I mastered Spanish, which led to further assignments south of the border; in Argentina, Chile and especially Guatemala, I learned *(continued on page 160)*

From the book LEGACY, by James A. Michener. Copyright © 1987 by James A. Michener, to be published by Random House. Photos, Tom Arma. Stylist, Alyssa Winter. Crafts, Luna D'Oro.



4 mg tar, 0.4 mg. nic.

6 mg tar, 0.6 mg. nic.

3 mg tar, 0.3 mg. nic.

9 mg tar, 0.7 mg. nic.

7 mg tar, 0.7 mg. nic.

None of these brands is as low as Carlton Box 100's.



1 Less than **mg**
tar, 0.1 mg. nic.

he American Tobacco Co. 1987.

SURGEON GENERAL'S WARNING: Smoking Causes Lung Cancer, Heart Disease, Emphysema, And May Complicate Pregnancy.

100's Box: 1 mg. "tar", 0.1 mg. nicotine av. per cigarette, FTC Report Jan. '85.

Lowest of all brands is Carlton Box King–less than 0.01 mg. tar, 0.002 mg. nic.

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When a lot of cleaners dry, you know it. They can leave your floor looking streaky and dull.

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NEW MR. CLEAN DRIES VIRTUALLY STREAK FREE, SO IT LOOKS SHINY WET, EVEN WHEN DRY.



NEW MR. CLEAN

Ladies' Home Journal September 1987

TO LOVE A DAUGHTER, TO LOVE AN ADDICT



This is the story of a mother and a daughter—and the devastating effect of drug addiction. It is a story you will never forget



My daughter had become a stranger, her life wrecked by heroin and prostitution. ow she had a child of her own and a chance to start over. I prayed that this time she wouldn't fail. By Mary Ann Gouzé

Mr. Heroin's Blues

oney, before you start foolin' with me,
et me tell you how it will be.
. shall succeed and make you my slave,
hose stronger than you have gone to the grave.
u think you can never become a disgrace,
nding up addicted to poppyseed waste.
you start inhaling me one afternoon,
ut into your veins I'll go very soon.
d once I have entered your veins,
he craving for me will drive you insane.
u'll beg and you'll steal for narcotic charm,
nly content when I'm in your arm.
u'll sell your own body just for a buck,
nd turn into something vile and corrupt.
d one day you'll realize the monster you've grown,
nd solemnly swear to leave me alone.
f you think you can master the mystical
knack,
weetie...try getting me off your back.
u'll vomit, you'll cramp, you'll tie in a knot,
angling, your nerves will scream for a shot.
e hot chills, the cold sweats, the withdrawal
ains,
an only be stopped by little white grains.
here's no other way, and no need to look,
eep down inside... you know you are hooked.
warn you ahead, so if you should start,
t says in the contract,
"Till death do us part."

itty wrote this poem when she was eighteen and serving time in jail

It was Thursday, September 5, 1985, and I was packing my suitcase for a weekend visit with my son Danny, who lived in Michigan. I had been looking forward to this trip for a long time, especially because I hadn't seen my son since he moved away. Just as I was closing my suitcase, the phone rang. I drew a deep breath when I heard my daughter Kitty's voice on the line. She was the youngest of my seven children—the only one who had gone bad.

Kitty had started taking drugs when she was thirteen years old. Now that she was twenty-one, I had faced the bitter truth about her life—she worked as a prostitute to support her $150-a-day heroin habit. We both lived in Pittsburgh, but the only time I'd ever heard from her during the past three years was when she was in jail or in a hospital.

Unlike the rest of my family, I had never given up on Kitty. Even though she was so different from my other children, who had all finished school and found good jobs, I still loved her. But I lived with the fear that someday she would end up a nameless body in a morgue.

"Where are you?" I asked Kitty.

"In the hospital," she said weakly.

The last time Kitty had been in the hospital her leg had been so badly infected from shooting up heroin with a dirty needle that it almost had to be amputated. But if I had expected the horror of that experience to make her give up drugs, I had hoped in vain. Kitty lived for heroin.

I had never stopped asking myself why my daughter had become addicted to drugs. For years, I had been tortured by *(continued on page 165)*

Photos, Tom Arma. Model, Tertia Lynch, William Schuller Talent

DAZZLING

half the time



Joy of Cooking's Baked Alaska takes an hour and a quarter

You'd spend an hour preparing Julia Child's Chocolate Mousse

Jeremiah Tower's Chocolate Paradise keeps you in the kitchen two hours

Save an hour and forty minutes for Jacques Pepin's Raspberry Strip Tart

Now you can whip up desserts as spectacular as these in under an hour
We chose four elegant (but time-consuming) treats and created fabulous

DESSERTS

just as good



LHJ's Joyful Baked Alaska is sheer perfection in just twenty-five minutes

Our twenty-minute Jiffy Chocolate Mousse is finished in a flash

Fast Way to Paradise frees you from the kitchen in twenty-five minutes

Speedy Raspberry Zip Tart is completed in forty minutes flat

Irwin Horowitz

look-alikes that take a fraction of the time to make and taste as heavenly as the originals do. Just turn to page 146 for all our super-speedy recipes.

THE LHJ COLLECTION

The best of fall beauty & fashion





Dana Buckley

Our editors did the legwork in the markets ond at the shows to find you oll the important wardrobe updates for autumn.

We've tracked the trends to bring you the cream of the crop: Take the lead in a **MINI** skirt or dress—simply the shortest and kickiest in years—and cover up with a swingy **FLYAWAY** coat. This season, **BROWN** is the all-important color. Rich, in every shade from warm chestnut to pow pumpkin, patterned in **PLAIDS & CHECKS**. Capture the fall mood with **PLEATS**, sure sophistication, paired with an updated **POLO** pullover. Or slouch into a **FORTIES PANTSUIT** with a new longer jacket for a swank burst of retro chic. Adopt the languid glamour of the **STARLET LOOK** (à la Bacall) or a beguiling **GAMINE STYLE** (very Audrey Hepburn). Accessorize with **WATCHES**—wear as many as you dare! And take it easy on the weekends in the newly appealing **DENIM**, topped off with cropped, turtled, cabled **SWEATERS**. Now, that's *our* idea of a feast of fashion and a bounty of beauty for fall! By Lois Joy Johnson, Beauty & Fashion Editor

All hair by Jennifer Lawrence for La Coupe; all makeup by Linda Mason. Model, far right, Claude of Click. Skirt and top at far left and right by Adrienne Vittadini; center dress by Cathy Hardwick. Above left, Liz Claiborne Showroom, NYC. Bottom left, Joan Vass fall fashion show.



Miniskirts are fashion-forward and fun, but be sure to wear them right: A top-of-thigh cardigan or pullover paired with a mini adds body confidence, reveals lots of leg. Tone hose color—as bright or dark as you like—to skirt. And go wild with dramatic plaids and checks. Mix mini and maxi versions for most impact, or be a knockout in always-right classic squares.

Tonru Nakamura

BROWN

THE POLO PULLOVER

Invest in the softest fall topper—a polo-collared pullover in cashmere or a lambswool/angora blend. An elegant substitute for a silk blouse under a jacket, it creates casual polish when paired with a pleated skirt.

THE SKIRT

Trade in your traditional gray flannel skirt and opt instead for a newsy knife-pleated brown plaid that falls between mid-calf and ankle—our idea of a winner to wear when you want to look both classic and fashionable.

All clothes these two pages by Liz Claiborne Collection. Details, page 149.

THE 40s PANTSUIT

If minis aren't for you, focus on a forties-style pantsuit: Jacket is long and square-shouldered; the slouchy, elasticized waist is a witty new twist. Trousers are pleated and teamed with a polo sweater, suede loafers and a snappy ostrich clutch.

Tohru Nakamura



STARLET LOOK

Whot's hot for hoir? Hollywood glamour: o long, bell-shaped cut with volume at bottam, o low side port ond lengthy layers. The foce for foll? Shodes of brown on eyes, lips; glossy mouth. All make-up this page by Maybelline. Details, page 149.



GAMINE STYLE

The look for those who love short hair: Nape and sides ore short; crown is longer, brushed forward in full bangs. All makeup this page by Revlon. Details, page 149.

This page, glasses, Jean Lafonte at Morgenthal Frederics; turtleneck and coat, right, by Louis Dell'Olio for Anne Klein. Details, page 149.

WATCHES

FLYAWAY



Don't you just love this show-stealing coverup that's cropping up all over? The flirty and dramatic flyaway coat is simply overflowing with energy! Knee-length, with a generous, swingy cut and fitted shoulders, it's sure to become your everyday signoture and is the hands-down coat of choice to wear with oll your shortest minis, skinniest skirts and slimmest trousers. Look for one in the newest neutral: camel.

You. con't wear too many of these! Look for classic faces on leather, bangle, chain and fabric bonds. For mare fun, snop up wotch earrings, rings and pins.

Tohru Nakamura

THE SWEATER



Clearly a wardrobe must, the cropped and cabled turtle sweater is bound to became your weekend favorite, replacing last year's oversize pullovers. Pick hues of cocoa, of course, and pair with a miniskirt and opaque tights.

This page, sweater by Outback Red at The Limited; skirt by Guess? for Georges Marciano. Right, jeans, Marithé & François Girbaud; baseball jacket, Forenza at The Limited. Turtleneck sweater by Ralph Lauren Active. Details, page 149.

Tohru Nakamura



Say good-bye to fleece. Denim is back. Go for ultrasoft, stone-washed high-waisted jeans in basic blue or black (to belittle middle, lengthen legs), Lycra-boosted stretch denim to show off your shape. Or play up legs with a sassy denim miniskirt. Wear with a cropped denim jacket trimmed with corduroy or leather pockets and collar—or an outrageous varsity jacket.

DENIM





Left, Arancini is made with mashed potatoes instead of rice, stuffed with veal. Below left, Beggar's Purses are filled with turkey and pork, wrapped in lettuce.

Right, a twist on the traditional burrito: We replaced refried beans with mashed potatoes Below, spicy salsa.

BY JAN T. HAZARD, FOOD & EQUIPMENT EDITOR

THE ALL NEW GROUND MEAT & POTATO COOKBOOK

Move over, meat loaf! We've discovered dozens of delicious international recipes not just for ground beef, but readily available ground pork, turkey and veal, too—plus a slew of ideas for spuds. Here, a ground-meat medley; next page, our hot potato preview.





Right, Thai Dumplings are filled with shrimp and pork. Pungent sauce is made with sugar, ginger, vinegar and golden raisins.

Photos, Thom DeSanto. Prop stylist, Debrah Donahue. Food stylist, Andrea Swenson.

THE ALL NEW GROUND MEAT & POTATO COOKBOOK





Left, a Middle Eastern version of Shepherd's Pie, Curry Pie is chock-full of sweet potatoes, beef, pork, veggies and plenty of spices.

Feast your eyes on these terrific ways to serve up sweet, baking and all-purpose potatoes! Not only do they taste great any way you cook 'em, potatoes are packed with iron, protein and vitamin C. Below, a sample of potato-perfect dishes. Just turn to page 136 for recipes.







Top, simple but elegant Pan Roasted Potatoes with thyme; above, Gnocchi, tasty Italian potato dumplings. Serve with tomatoes and basil.

Left, Potpourri Potato Toppers are guaranteed to become a family favorite. Try all six varieties, from far left: Moroccan, Mexican, Italian, Creole, Indian and Swedish.

Photos, Thom DeSanto. Prop stylist, Debrah Donahue. Food stylist, Andrea Swenson.

GREAT CHEFS, GREAT KITCHENS



Lilo Raymond

Have you ever wondered what type of kitchen top-notch cooks like best? Three of America's favorite chefs show you where they work, and share their recipes for kitchen perfection. By Marilyn Diane Glass, Decorating and Design Editor

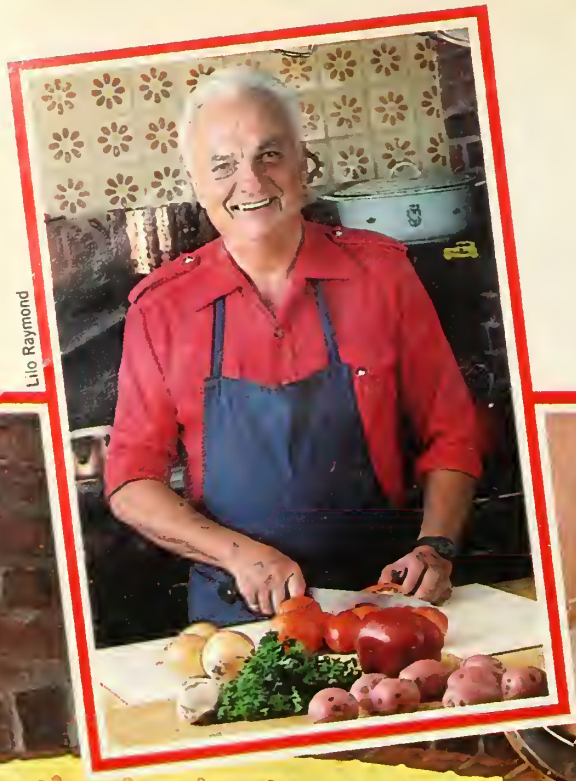
Debbi Fields

In Debbi Fields's sprawling country kitchen, old-world charm blends beautifully with high-tech efficiency. Fanciful hand-painted tiles plus Victorian-inspired oak cabinets and a fabulous stained-glass ceiling add lots of warmth to modern conveniences: two sets of ovens (complete with warmers underneath) and double cooktops, a rotisserie and a microwave oven. She also has a separate smaller kitchen used only for baking. Since Debbi prefers an uncluttered look with plenty of counter space, pots and pans are conveniently stored in spacious drawers beneath the stoves. A center island houses utensils, condiments and spices. Outlets are cleverly built into countertops. What are Mrs. Fields's best-loved, most indispensable kitchen items? A Hobart mixer, a battery-operated sifter and, naturally, the dishwasher. Debbi will share the secrets of her success in her upcoming book, *One Smart Cookie*, sweet inspiration for future entrepreneurs! Her sinfully irresistible recipe—Mrs. Fields's There's-No-Such-Thing-as-Too-Much-Chocolate Pie—can be found on page 152.

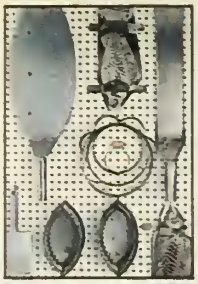








Lilo Raymond



Pierre Franey

French chef, cookbook author and food columnist at The New York Times, Pierre Franey prefers his kitchen small and cozy

A charming French country kitchen complete with exposed brick walls and a tiled floor suits Pierre Franey to a T. The French-born chef extraordinaire has a penchant for copper pots and pigs! Notice the playful antique painting below of a pig, representing Bacchus, the Greek god of wine. (And since Pierre owns so many copper pots and bowls, he developed his own recipe for cleaning them: Combine ¼ cup salt, 2 tablespoons vinegar and ¼ cup flour to form a paste. Rub paste with hands on inside and outside of copper bowls, on outside of copper pots and pans. Rinse well.) Strictly an old-fashioned cook who has little use for high-tech appliances, Pierre relies on a professional gas stove, heavy cast-iron pots and pans, several good knives, fine sieves and large, flexible whisks. All work is done at the central island, which holds utensils and contains a small refrigerator for easy access to oft-used foods, such as milk and eggs. The refrigerator serves another clever purpose—it cools the marble pastry slab set right into its top. Now turn to page 152 for Pierre's special Fish Stew with Vegetables.







Martha Stewart

Author and entertaining pro Martha Stewart not only creates fabulous foods but grows her own herbs and vegetables, too



Lilo Raymond











Martha Stewart's professional Shaker-style country kitchen is a tribute to her love of function and beauty. Of utmost importance to Martha is organization. Since she spends a great deal of time cooking, she needs to go from counter to stove to sink without moving too far. From a shelf stocked with canned preserves and condiments (made by Martha for giving as gifts) to vast collections of yellowware and Fiestaware, everything is visible and accessible. The features she likes best? Sixteen burners (two stoves pushed together!); high counters (Martha is tall); a convection oven, which gives fast, even heat and is tops for baking; a salamander—similar to a broiler but at eye level; a slicing machine; and a greenhouse outside the kitchen for growing herbs (top). Martha also loves to entertain—she's famous for her beautiful table settings (top left). Martha created a special fall recipe just for the *Journal*—Sauteed Pork Chops with Thyme—turn to page 152.


1 medium cucumber, peeled
Diet frozen drink bar
1 cup popcorn
4 medium pimiento-stuffed olives
1 cup radishes
3 large celery ribs
½ cup bean sprouts
20 very thin pretzels
1 large dill or sour pickle, quartered
1 Hershey Kiss
Salad with Herb Dressing*
1 gingersnap cookie
1 medium yellow pepper

100 SNACKS UNDER 100 CALORIES

We've rounded up one hundred low-cal treats to satisfy cravings guilt-free! Here, twenty-five snacks under twenty-five calories. Next page, more light bites. Recipes for starred items begin on page 134

6 chocolate-covered raisins

Stuffed Celery*

1 whole rye-crisp cracker

2 saltines

1½ pieces melba toast

1½ Ritz crackers

1 medium carrot

¾ cup cauliflower

9 Goldfish crackers

1 Cocoa Meringue Cookie*

½ cup green beans

1 large marshmallow

under 100 CALORIE SNACKS

Good news! We've taken the guesswork out of choosing great-tasting munchies that won't destroy your diet. Why not clip our snack-wise calorie chart to the kitchen cupboard so you'll know the value of what you nosh? Below, seventy-five more surefire figure savers.

under 50 CALORIES

- ½ cup unsweetened applesauce
- 1 large breadstick
- 1 cup broccoli florets
- Cappuccino Granita*
- 1 Brussels cookie
- 1 Hydrox or Oreo cookie
- 1 rice cracker
- 16 oyster crackers
- 2 Tb. dried currants
- 1 medium fresh fig
- ½ cup water-packed fruit cocktail
- ½ grapefruit
- ¼ cup grapes
- Hot Tomato*
- 1 kiwifruit


Hot Tomato

- 1 cup diced kohlrabi
- 1 medium peach
- ½ cup fresh pineapple chunks
- 1 large plum
- 3 medium prunes
- ½ cup fresh raspberries
- 1 cup whole strawberries
- 1 sugar cane
- 1 cup tomato juice
- Yogurt Chutney Dip*

under 75 CALORIES


Chicken Sate

- 10 natural almonds
- ½ cup apple cider
- ½ cup apricot nectar
- 1 medium artichoke
- 1 pound asparagus, steamed
- 1 slice (¾ oz.) bologna
- 10 pieces candy corn
- 12 Cheez-Its
- Chicken Sate*
- Flourless Chocolate Cupcake*
- 1 cup Manhattan clam chowder
- 1 medium ear corn
- 2 Lorna Doone cookies
- 1 Milano cookie
- 4 medium dates
- 1 oz. boiled ham
- 7 Junior Mints
- 1 medium nectarine
- ½ cup mandarin oranges in light syrup
- 1 medium orange (3-inch diameter)
- 6 oysters on the half shell
- 4 oz. pomegranate seeds
- Wasa Cracker Dijonnaise*
- ¾ cup watermelon chunks
- 3 oz. glass of wine

under 100 CALORIES

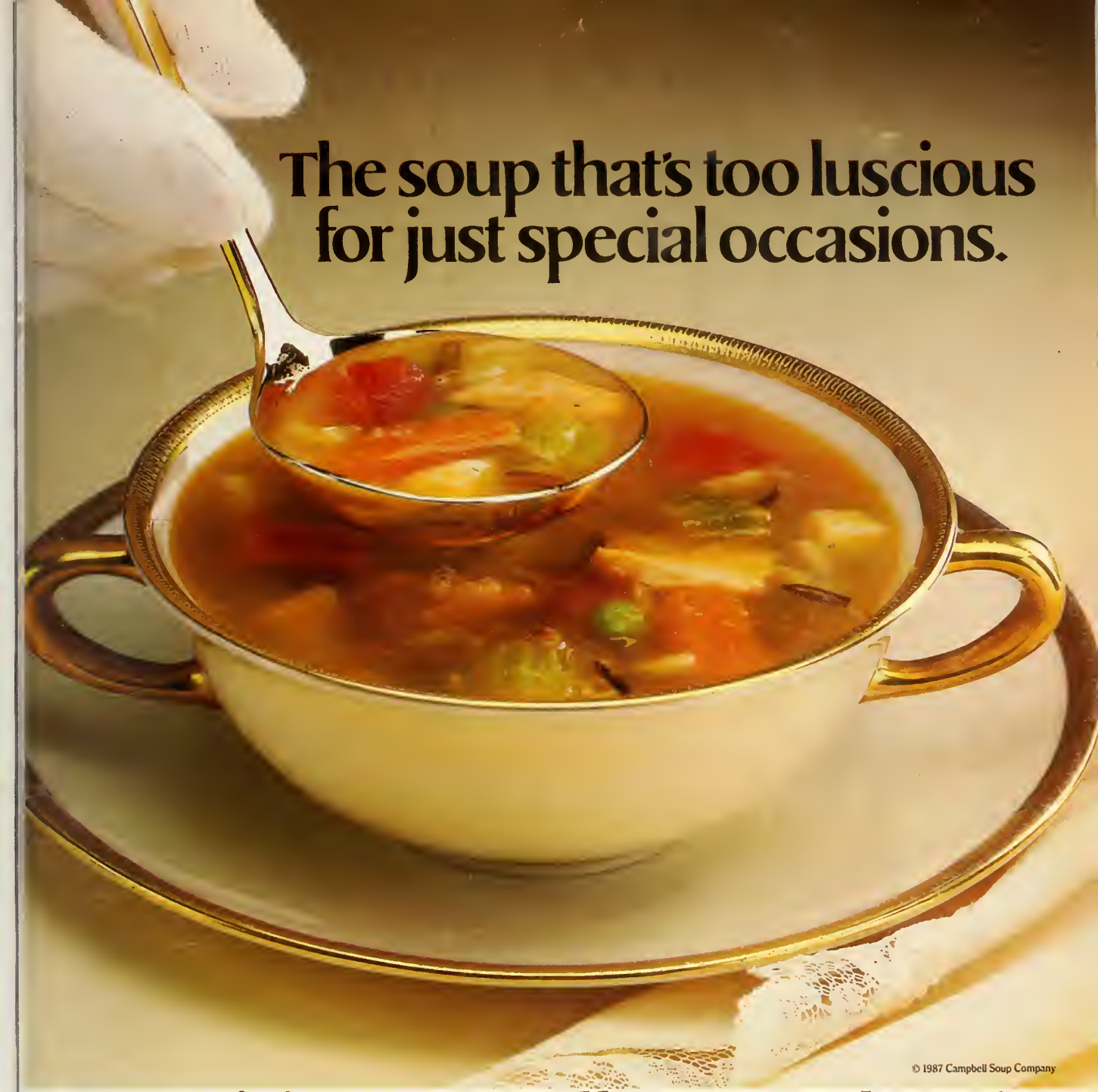
- ½-inch piece angel food cake
- 2½-inch apple
- 10 small dried apricot halves
- 2 slices crisp-cooked bacon
- 1 medium banana (8½"x1½")
- Banana Orange Slush*
- 3 oz. champagne
- 1 oz. mozzarella cheese
- 1 roasted chicken drumstick
- 2 Tb. (¾ oz.) chocolate chips
- ½ cup cottage cheese
- ½ cup ice milk
- Jalapeño Cheese Pita*
- ½ cup fruit Jell-O
- Light Hot Chocolate*


Jalapeño Cheese Pita

Beth Galton

- 6 ounces orange juice
- 1 medium papaya
- 1 Tb. peanut butter
- 1 medium pear
- 12 pecan halves
- 1 medium persimmon
- 1 medium baked potato
- Eight 2-inch potato chips
- 3 oz. shrimp plus 1 Tb. chili sauce
- 1 oz. cream of wheat, cooked

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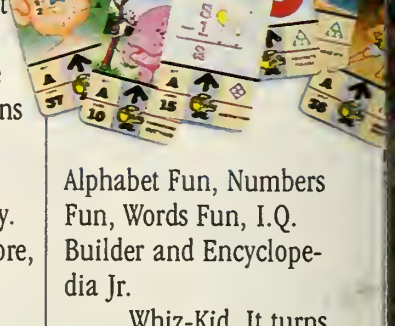
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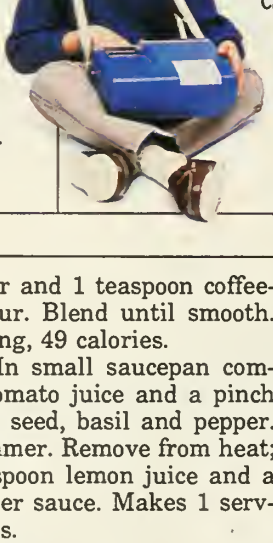
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■ 100 SNACKS
continued

HERB SALAD DRESSING Combine 1 cup buttermilk, ¾ teaspoon fines herbes, ¼ teaspoon Dijon mustard, ¼ teaspoon minced garlic, ¼ teaspoon lemon juice and salt and pepper to taste. Makes 1 cup, 8 calories per tablespoon.

COCOA MERINGUE COOKIES Preheat oven to 275°F. Line 2 cookie sheets with foil. In mixer bowl beat 3 egg whites until frothy. Add ½ teaspoon cream of tartar and a pinch of salt. Gradually beat in ¾ cup sugar until stiff peaks form. Fold in 1 teaspoon vanilla extract, then ¼ cup unsweetened cocoa, sifted. Spoon into a pastry bag fitted with a star tip. Pipe 1½-inch rosettes or drop by rounded spoonfuls 1 inch apart onto cookie sheets. Bake 1 hour. Cool; peel from foil. Makes 3 dozen, 20 calories each.

STUFFED CELERY In small bowl combine ½ cup low-fat (1% milkfat) cottage cheese, ¼ cup shredded carrot, 1 chopped green onion, ⅛ teaspoon freshly ground pepper and ⅛ teaspoon cumin. Fill each of five 7-inch celery ribs with 2 tablespoons mixture. Makes 5 servings, 24 calories each.

CAPPUCCINO GRANITA In blender combine 1 cup ice cubes, ¼ cup skim milk, 1 teaspoon instant espresso powder, 1 teaspoon sugar and 1 teaspoon coffee-flavored liqueur. Blend until smooth. Makes 1 serving, 49 calories.

HOT TOMATO In small saucepan combine ¾ cup tomato juice and a pinch *each* of fennel seed, basil and pepper. Bring to a simmer. Remove from heat; stir in ½ teaspoon lemon juice and a dash red pepper sauce. Makes 1 serving, 40 calories.

YOGURT CHUTNEY DIP In small bowl combine ½ cup low-fat yogurt, 1 teaspoon mango chutney, chopped, and 1 teaspoon curry powder. Serve 2 tablespoons with 1 cup raw vegetables. Makes ½ cup, 17 calories per tablespoon.

CHICKEN SATE Preheat broiler. Make dipping sauce: In small bowl combine 1 tablespoon peanut butter, 1 tablespoon warm water, 1 teaspoon distilled vinegar, 1 teaspoon soy sauce, ¼ teaspoon Oriental sesame oil and a scant ⅛ teaspoon ground red pepper; whisk until smooth.

Cut an 8-ounce boneless, skinless chicken breast lengthwise into four 2-ounce pieces. Skewer and broil 3 inches from heat source about 3 minutes per side. Serve with dipping sauce. Makes 4 servings, 74 calories each.

FLOURLESS CHOCOLATE CUPCAKE Preheat oven to 350°F. Line 12 muffin-pan cups with baking cups.

In mixer bowl combine 3 eggs, ½ cup sugar, 1 teaspoon vanilla extract and a pinch of salt. Beat at high speed until very thick and pale, about 5 minutes. Gently fold in ¼ cup unsweetened cocoa, sifted. Spoon mixture into muffin cups. Bake 18 to 20 minutes, until toothpick inserted in center comes out clean. Cool. Sprinkle lightly with confectioners' sugar. Makes 12, 60 calories each.

WASA CRACKER DIJONNAISE Spread a thick rye Wasa cracker with ¼ teaspoon Dijon mustard mixed with 1 tablespoon grated Swiss cheese. Broil about 30 seconds, until cheese is melted. Makes 1 serving, 60 calories.

JALAPEÑO CHEESE PITA Preheat broiler. On broiler pan place half of 1 mini (3-inch) pita bread, cut side up. Sprinkle on 2 tablespoons shredded pepper-jack cheese. Place a tomato slice in center. Broil until cheese is melted, about 1 minute. Makes 1 serving, 95 calories.

LIGHT HOT CHOCOLATE In saucepan combine 2 teaspoons cocoa and 1 teaspoon sugar. Stir in ¾ cup skim milk. Add a cinnamon stick and heat to a simmer over medium heat. Makes 1 serving, 99 calories.

BANANA ORANGE SLUSH In blender puree 1 cup ice cubes, ½ small banana, ½ cup orange juice and ¼ teaspoon vanilla extract. Makes 1 serving, 99 calories. **End**

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MEAT AND POTATOES

continued from page 123

CURRY PIE

pictured on page 122

The curry flavor is medium-hot in this all-meat pie topped with sweet potato.

Prep time: 50 minutes
Baking time: 25 to 30 minutes

Topping

- 2 pounds sweet potatoes
- 2 tablespoons butter
- ¾ teaspoon salt
- ½ teaspoon freshly ground pepper

Filling

- 1 tablespoon salad oil
- 1 cup chopped onions
- 1 tablespoon minced jalapeño pepper
- 2 teaspoons minced garlic
- 1 tablespoon curry powder
- 2 teaspoons cumin
- 2 teaspoons coriander
- 2 teaspoons turmeric
- ¾ teaspoon salt
- ¾ teaspoon freshly ground pepper
- ½ teaspoon cinnamon
- ¼ teaspoon allspice
- ¾ pound ground beef
- ¾ pound ground pork
- 1 can (14½ oz.) tomatoes, undrained, chopped
- 2 cups small cauliflower florets
- 1 cup frozen peas

Topping: In large saucepan combine sweet potatoes with salted water to cover. Bring to a boil; cover and cook until fork-tender, about 30 minutes. Drain and peel. Mash potatoes. Add butter, salt and pepper; beat until smooth; set aside.

Filling: Meanwhile, in large skillet heat oil over medium-high heat. Add onions, jalapeño and garlic; cook until translucent, about 2 minutes. Add spices; cook 1 minute. Stir in ground beef and pork; cook until browned, about 5 minutes. Stir in tomatoes with liquid and cauliflower. Reduce heat; cover and simmer 10 minutes. Stir in peas.

Preheat oven to 375°F. Transfer filling to a shallow 2-quart baking dish. Spoon topping into a pastry bag with a star tip and pipe decoratively on filling. Or spread over filling. Bake pie 25 to 30 minutes, until bubbly. Makes 6 to 8 servings, 660 calories each per 6, 495 calories each per 8.

DO-IT-YOURSELF MEAT AND POTATO BURRITOS

pictured on page 120

Mashed potatoes stand in nicely for the expected beans in this burrito.

Total prep time: 45 minutes

Green Chili Potatoes

- 1½ pounds all-purpose potatoes, peeled and quartered
- ⅔ cup milk
- 3 tablespoons chopped green chilies
- 2 tablespoons butter or margarine
- ½ teaspoon salt
- ½ teaspoon ground pepper

Beef Filling

- 1 tablespoon salad oil
- 1 cup chopped onions
- 2 teaspoons minced garlic
- 2 tablespoons chili powder
- 2 teaspoons cumin
- ½ teaspoon oregano
- ½ teaspoon freshly ground pepper
- ¼ teaspoon salt
- 1 pound ground beef
- 1 tablespoon tomato paste

- ½ cup bottled salsa
- 2 tablespoons chopped cilantro
- Eight 10-inch flour tortillas, warmed
- 3 cups shredded iceberg lettuce
- 3 plum tomatoes, diced
- 1½ cups shredded Cheddar cheese
- 1 avocado, diced

Green Chili Potatoes: In large saucepan combine potatoes with salted water to cover. Bring to a boil; cover and cook until fork-tender, about 20 minutes. Meanwhile, in small saucepan bring milk, chilies and butter just to a simmer. Drain potatoes well. Add hot milk mixture, then mash potatoes. Beat in salt and pepper; cover and keep warm.

Beef Filling: In large skillet heat oil over medium-high heat. Add onions and garlic; saute until onions are translucent, about 5 minutes. Add spices; cook 1 minute. Add ground beef and cook, stirring to break up meat, until browned. Stir in tomato paste. Cover and keep warm.

Spoon potato and beef mixtures and salsa into bowls. Sprinkle potatoes with cilantro. On large platter arrange warm tortillas, lettuce, tomatoes, cheese and avocado. On each tortilla, layer ¼ cup potato mixture, ¼ cup beef mixture and remaining ingredients as desired. Makes 8 servings, 520 calories each with accompaniments.

POTATO ARANCINI

pictured on page 120

For this dish we recommend cooking the potatoes in the microwave. They take about 10 to 12 minutes.

Prep time: 50 minutes
Cooking time: 5 minutes per batch

- 2 pounds all-purpose potatoes, cooked
- 2 large pinches saffron
- 2 tablespoons milk
- ¼ cup grated Parmesan cheese
- 1 teaspoon salt
- Salad oil
- ⅓ cup chopped onion
- ½ pound ground veal
- 1 tablespoon tomato paste
- ¼ cup chopped parsley
- 1 egg, beaten
- ⅔ cup dry bread crumbs

Peel and mash potatoes. Dissolve s
fron in milk. Stir into potatoes wi
Parmesan and salt.

Meanwhile, in medium skillet he
1 tablespoon oil over medium-hi
heat. Add onion and cook, stirring
casionally, until translucent, about
minutes. Add veal and cook, stirring
break up meat, until browned, abou
minutes. Add tomato paste and pa
ley; cook 1 minute more. Cool.

Shape potato mixture into 18 eg
shaped croquettes. Make a hole in t
center of each and fill with about
tablespoon veal mixture. Smooth ov
hole to enclose filling. Dip in egg, th
roll in bread crumbs.

In large skillet heat 2 cups oil ov
medium-high heat to 375°F. Cook c
quettes in batches until golden, abo
5 minutes. Remove with a slott
spoon and drain on paper towels. Ke
warm in oven while cooking remai
ing. Makes 18 croquettes, 6 serving
325 calories per serving.

BEGGAR'S PURSES

pictured on page 120

An Oriental version of stuffed cabbag

Prep time: 50 minutes
Baking time: 45 minutes

Filling

- ½ pound ground turkey
- ½ pound ground pork
- 1 package (10 oz.) frozen chopped spinach, thawed and squeezed dry
- ⅓ cup thinly sliced green onions
- ⅓ cup chopped water chestnuts
- 1 egg white, lightly beaten
- 1 tablespoon soy sauce
- 1 tablespoon dry sherry
- 1 teaspoon Oriental sesame oil
- 1 teaspoon minced garlic
- 1 teaspoon minced fresh ginger
- ½ teaspoon salt
- ½ teaspoon freshly ground pepper

- 1 large head iceberg lettuce

(continue



TEMPTATION SQUARED.

Chunky Chocolate Cookie Squares

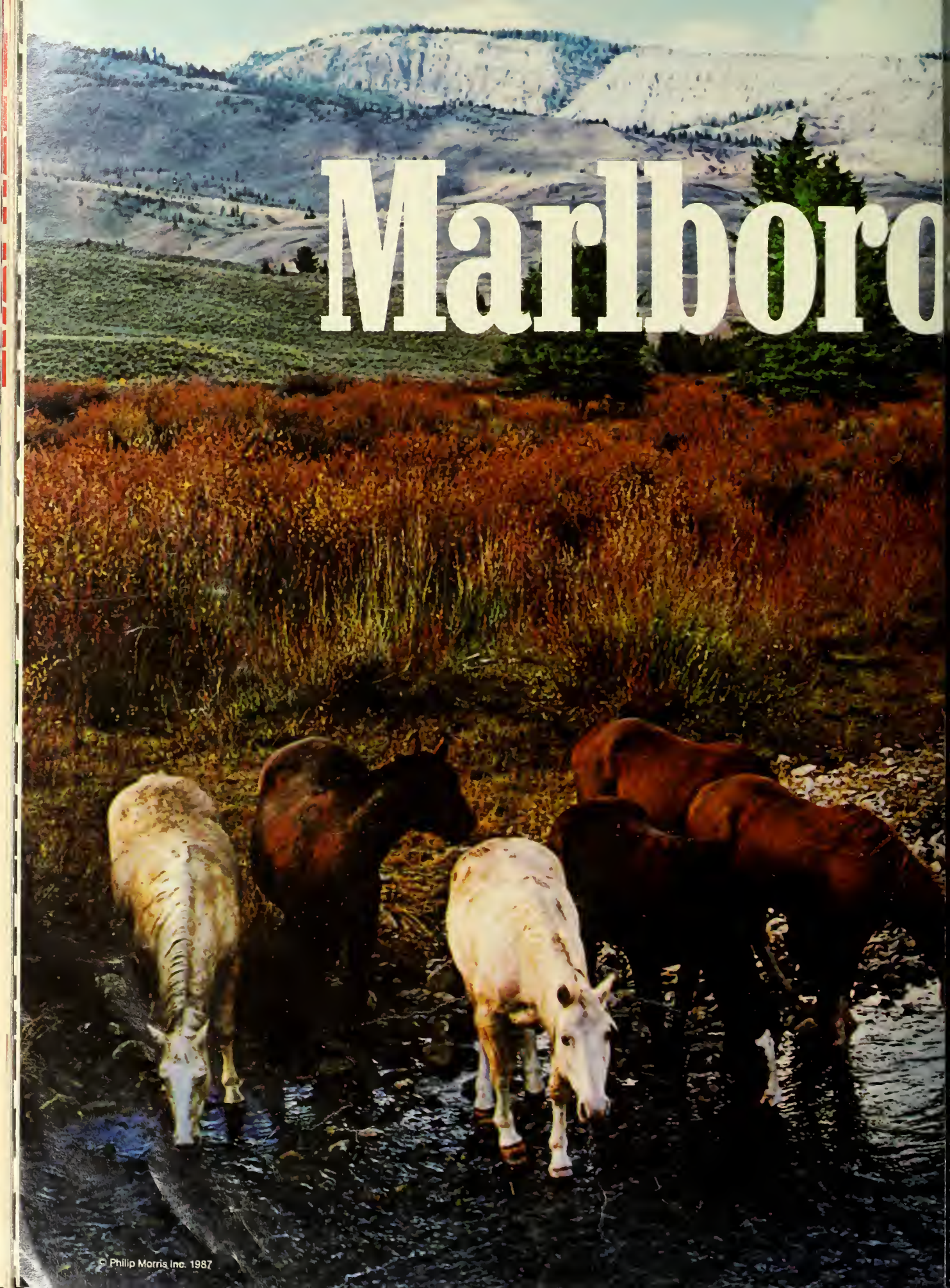
2½ cups unsifted flour
1 teaspoon baking soda
½ teaspoon salt
¾ cup butter or margarine, softened
1 cup firmly packed brown sugar
¾ cup KARO® Light or Dark Corn Syrup
1 egg
1 teaspoon vanilla
1 cup chopped pecans
1 pkg. (8 oz.) BAKER'S® Semi-Sweet Chocolate or 2 pkgs. (4 oz. ea.) BAKER'S® GERMAN'S® Sweet Chocolate, cut into large (½ in.) chunks

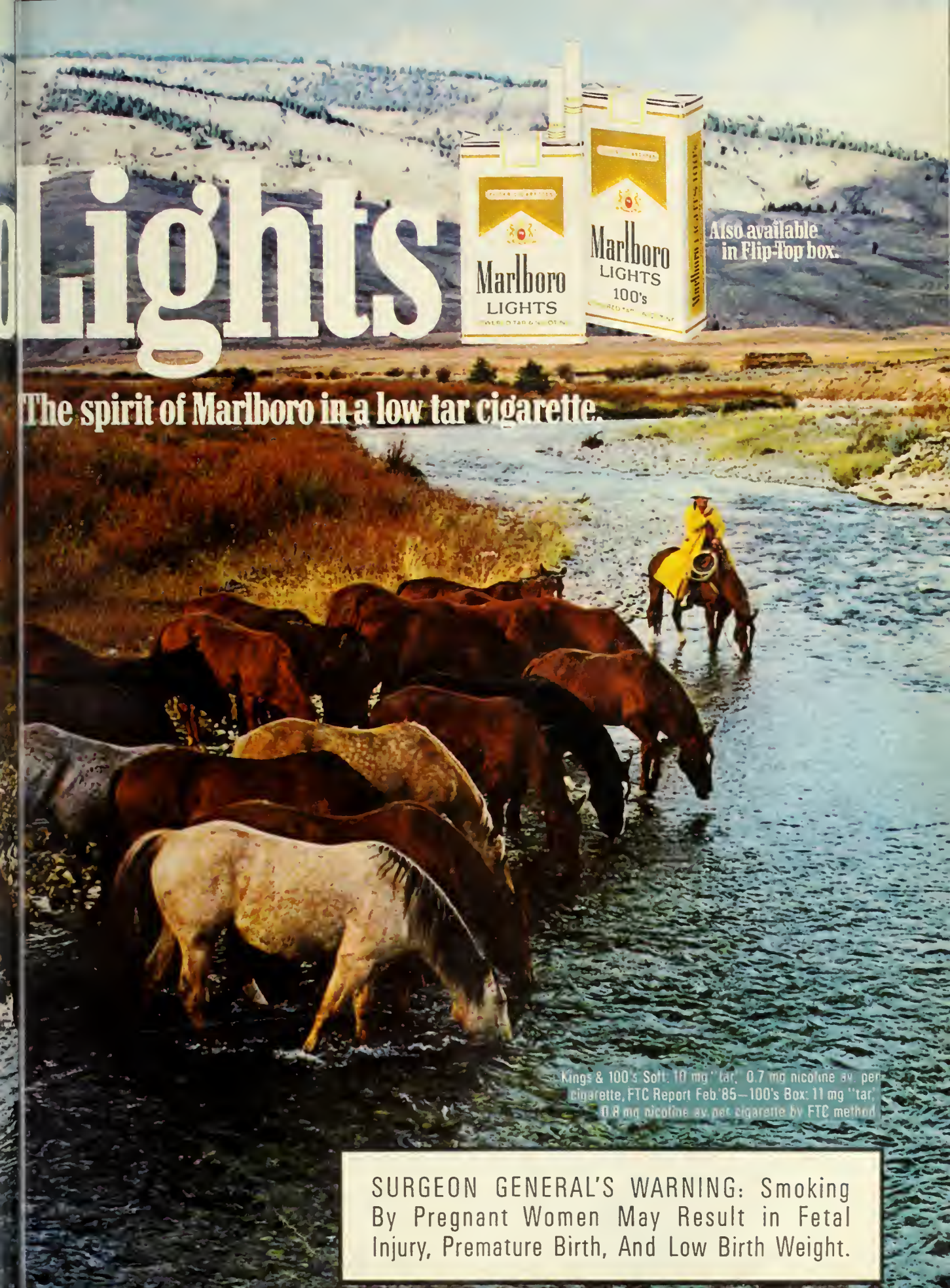
Mix flour, baking soda and salt; set aside. In large bowl with mixer at medium speed, beat butter and sugar until fluffy. Slowly beat in corn syrup, then egg and vanilla. Beat in flour mixture until blended. Stir in pecans and half the chocolate chunks. Spread evenly in ungreased 15½ x 10½ x 1-inch jelly roll pan. Sprinkle remaining chocolate on top. Bake in 350°F oven 30 minutes or until lightly browned. Cool on rack. Cut into 2½-inch squares. Makes 2 dozen.



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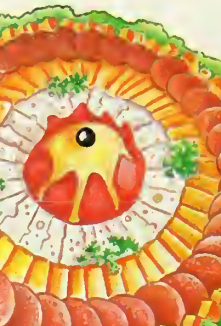
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■ MEAT AND POTATOES

continued from poge 138

round biscuit cutter, cut 40 circle from egg roll wrappers; keep covere with plastic wrap. Place a heaping tea spoon shrimp mixture in center of eac circle; top with a cilantro leaf. Pus sides of wrapper up around filling pinching all around top to make a fri (some filling should show). Plac dumplings on squares of wax pape and steam in batches 15 minutes Serve with Dipping Sauce. Makes 4 dumplings, 50 calories each withou sauce.

Dipping Sauce: In medium saucepa combine all ingredients. Bring to boil; reduce heat and simmer 20 min utes. Transfer to blender and pure until smooth. Makes 1½ cups, 10 calc ries per teaspoon.

PIZZA BOLOGNESE

Our pizza crust has extra crunch wit whole wheat flour in the dough.

Prep time: 45 minutes plus rising
Baking time: 15 minutes

Dough

- **2 cups all-purpose flour, divided**
- **1 package active dry yeast**
- **1 cup hot water (120°F.–130°F.)**
- **2 tablespoons salad oil**
- **1 tablespoon honey**
- **1 teaspoon salt**
- **1 cup whole wheat flour**

- **1 tablespoon salad oil, divided**
- **½ pound ground beef**
- **¼ cup chopped red onion**
- **3 tablespoons chopped parsley**
- **1 teaspoon minced garlic**
- **½ teaspoon salt**
- **¼ teaspoon freshly ground pepper**
- **¼ teaspoon oregano**
- **1½ cups coarsely chopped tomatoes**
- **1 cup shredded mozzarella cheese**
- **2 tablespoons grated Parmesan cheese**

Dough: In large mixer bowl combine cup flour and yeast. With mixer at lo speed gradually add hot water, oil honey and salt. Stir in remainin flours. On lightly floured surfac knead dough until smooth and elastic 5 minutes. Place dough in an oile bowl, turning to oil top. Cover and le rise in a warm, draft-free place unti doubled in bulk, about 30 to 45 min utes. Punch dough down. Divide i quarters. Shape each piece into smooth ball. Cover with damp towel.

Meanwhile, in medium skillet hea 1 teaspoon oil. Add ground beef an cook, stirring, just until meat loses it pink color. Remove from heat and sti in onion, parsley, garlic, salt, peppe and oregano.

Adjust oven rack to lowest position



to drain off excess milk; Return crumbs to bowl. Add ground pork and turkey, garlic, parsley, salt, pepper, Parmesan and egg. Mix until well blended.

Spread dry bread crumbs on a plate. Shape meat mixture into 4 patties about 2½ to 3 inches in diameter and 1 inch thick; coat both sides with bread crumbs. In large skillet heat butter or margarine and oil over medium heat. Add patties and cook until browned, about 2 to 3 minutes per side. Add tomatoes with liquid. Turn patties; reduce heat to medium-low. Cover and simmer 10 minutes. Add cream, stirring to blend. Cook until cream is reduced and sauce is thickened, about 2 minutes more. Serve immediately. Makes 4 servings, 490 calories each.

MEXICAN MEATBALL SOUP

Cilantro and lime juice are the secret ingredients.

Prep time: 30 minutes
Cooking time: 25 minutes

Meatballs

- ½ pound ground turkey
- ¾ cup fresh bread crumbs
- 1 egg
- 2 tablespoons chopped cilantro
- 1 tablespoon minced jalapeño pepper
- 1 teaspoon minced garlic
- ½ teaspoon salt
- ⅛ teaspoon ground red pepper

- 1 tablespoon salad oil
- ½ cup finely chopped onions
- 1 tablespoon minced jalapeño peppers
- 1 can (16 oz.) tomatoes, drained and chopped
- 1 teaspoon minced garlic
- 2 cans (13¾ or 14½ oz. each) chicken broth *(continued)*

reheat oven to 450°F. On lightly floured surface roll 1 ough ball into a circle about 6 inches in diameter, keepg outer edge thicker than the center. Lift dough and ently stretch edges to form an 8-inch circle. Place on a okie sheet. Repeat with remaining dough. Brush reaining oil on dough. Spread evenly with beef mixture, ten sprinkle with tomatoes, mozzarella and Parmesan. ake 15 minutes or until crust is golden. Cut into wedges nd serve immediately. Makes 4 pizzas, 8 servings, 360 alories per serving.

ITALIAN PATTIES WITH PINK CREAM

his dish was inspired by a recipe from Marcella Hazan's test cookbook, Marcella's Italian Kitchen.

rep time: 30 minutes
ooking time: 15 minutes

- cup fresh bread crumbs
- cup milk
- pound ground pork
- pound ground turkey
- teaspoon minced garlic
- tablespoons chopped parsley
- teaspoon salt
- teaspoon freshly ground pepper
- tablespoons grated Parmesan cheese
- egg
- cup dry bread crumbs
- tablespoons butter or margarine
- tablespoons salad oil
- cup canned Italian plum tomatoes, undrained, chopped
- cup heavy or whipping cream

ombine fresh bread crumbs and milk. Squeeze crumbs

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MEAT AND POTATOES
continued

- 2 cups water
- 1 cup frozen whole-kernel corn
- 2 tablespoons lime juice
- ½ teaspoon freshly ground pepper
- 1 avocado, diced
- Cilantro leaves, for garnish

Meatballs: In medium bowl combine all ingredients; mix well. Shape into 1-inch balls.

In saucepan heat oil over medium heat. Add onions and jalapeño; saute until onion is translucent, 5 minutes. Stir in tomatoes, garlic, chicken broth and water. Bring to a boil. Add meatballs and return to a boil; reduce heat and simmer covered 10 minutes. Add corn, lime juice, pepper and simmer 5 minutes more. Serve with avocado and cilantro. Makes 6 to 8 servings, 225 calories each per 6, 170 calories each per 8.

MICROWAVE BAKED POTATOES

see chart on page 138

You'll never be at a loss about what to serve for dinner once you use your microwave to bake potatoes.

Microwave time: 13 to 14 minutes plus standing

Prick 4 medium baking potatoes with a fork. Arrange in microwave oven at least 1 inch apart on paper towels. Microwave on High 13 to 14 minutes, turning and rearranging potatoes halfway through cooking. Remove from oven. Wrap each in foil and let stand 5 to 10 minutes. Slit each potato down the center and fill with desired Topper. Makes 4 servings, 100 calories each without Topper.

GNOCCHI

pictured on page 123

Gnocchi are fresh noodles of Italian origin made from potatoes and flour.

Prep time: 50 minutes
Cooking time: 5 minutes

- 1 pound all-purpose potatoes, cooked
- 2 egg yolks
- ¼ cup plus 2 tablespoons grated Parmesan cheese
- 1 tablespoon chopped parsley
- Pinch nutmeg
- ½ teaspoon salt
- 1 to 1½ cups all-purpose flour
- 1 tablespoon salad oil
- 4 plum tomatoes, seeded and chopped
- ¼ cup julienned fresh basil
- 2 tablespoons olive oil

Peel potatoes. Transfer to a large mixer bowl and mash. Make a well in center; add egg yolks, ¼ cup Parmesan, parsley, nutmeg and salt. Beat until smooth. Gradually mix 1 cup flour into potato mixture until a smooth, stiff dough is formed. On lightly floured surface knead gently 5 minutes. Cut dough in quarters. Roll each piece into a rope about ¾ inch thick. Cut each rope into ¼-inch-thick slices. Place tines of a fork on top of each slice and quickly pull fork down toward you, flattening gnocchi into thin oblong shapes. Repeat with remaining dough.

Heat a large stockpot of salted water to boiling over high heat. Add gnocchi all at once; stir to prevent sticking. When gnocchi rise to the surface, cook 1 minute more. Drain. *(Can be made ahead. Rinse under cold water; cover and refrigerate up to 8 hours.)*

Preheat broiler. Toss gnocchi with tomatoes, basil and olive oil. Transfer to a shallow baking dish. Sprinkle with remaining 2 tablespoons Parmesan. Broil 4 inches from heat source until cheese is browned, about 5 minutes. Makes 4 to 6 servings, 395 calories each per 4, 265 calories each per 6.

PAN ROASTED POTATOES

pictured on page 123

These go perfectly with any meal of roast pork or beef.

Prep time: 15 minutes
Cooking time: 30 to 40 minutes

- 2 pounds all-purpose potatoes, quartered
- 3 garlic cloves, peeled
- 2 tablespoons extra-virgin olive oi
- 1½ teaspoons fresh thyme
- ¾ teaspoon salt
- ½ teaspoon freshly ground pepper
- 2 teaspoons lemon juice

Preheat oven to 400°F. In mediur saucepan combine potatoes with salte water to cover. Bring to a boil; reduc heat and simmer 5 minutes. Drair Thread on skewers. In shallow roast ing pan combine remaining ingredi ents except lemon juice. Baste potatoe with herb mixture. Roast 30 to 40 min utes, turning occasionally. Sprinkl with lemon juice. Makes 4 servings 205 calories each.

MASHED NEW POTATOES

Yes, you mash the potatoes peel an all. Think of the fiber!

Prep time: 5 minutes
Cooking time: 25 minutes

- 2 pounds small new potatoes, unpeeled
- ½ cup half and half cream, scalded
- 4 tablespoons butter or margarine
- 1 tablespoon chopped parsley
- ½ teaspoon salt
- ½ teaspoon freshly ground pepper

In large saucepan combine potatoe with salted water to cover. Bring to a boil. Cover and cook until fork-tender about 20 minutes. Drain well. Return potatoes to saucepan and mash with cream and butter or margarine. Bea in parsley, salt and pepper. Makes servings, 190 calories each.

SAUTEED NEW POTATOES

A gutsy dish that goes well with grilled pork or beef.

Prep time: 10 minutes
Cooking time: 25 to 30 minutes

- ¼ cup olive oil
- 1 teaspoon minced garlic
- 4 anchovy fillets, chopped
- 1½ pounds new potatoes, cubed
- ½ teaspoon salt
- ½ teaspoon freshly ground pepper
- 8 ounces spinach, coarsely chopped

In large skillet heat oil over medium heat. Add garlic and anchovies; cook 30 seconds. Stir in potatoes, salt and pepper. Cover and cook, stirring occasionally, until potatoes are tender and golden, 15 to 20 minutes. Gradually stir in spinach; cook covered until spinach is just wilted, about 2 minutes. Serve immediately. Makes *(continued)*

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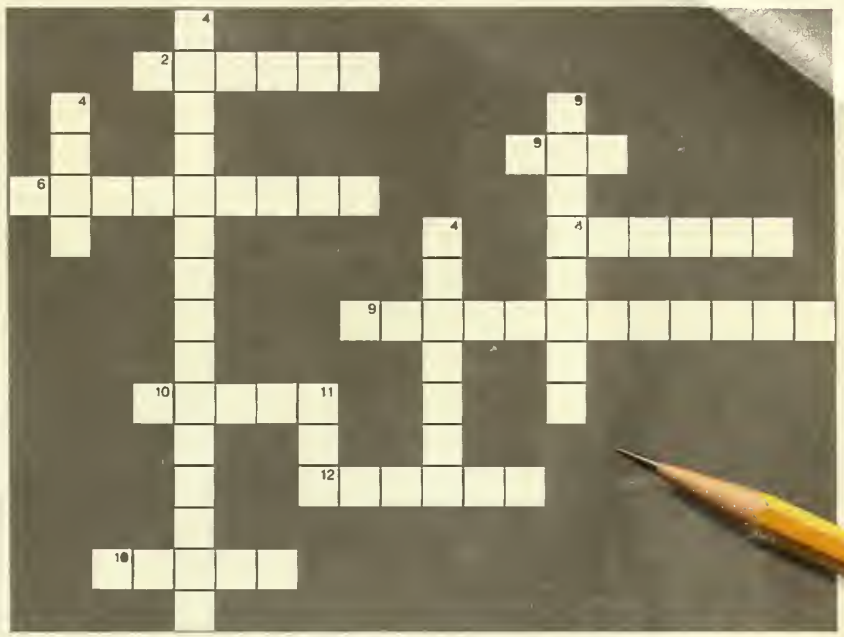
ACROSS

2. Hormelicatessen® foods are made by _____.
5. Our most popular pork product.
6. A peppery, sliced meat often found on pizzas.
8. A lunch meat most popular at Thanksgiving.
9. You'll find Hormel deli foods at your grocery store or _____.
10. The country that created salami.
12. Homeland® is a brand of _____.
13. The stripes on the Hormelicatessen® label are purple and _____.

DOWN

1. Name that sums up Hormel Deli Foods.
3. An Italian meat that rhymes with salami.
4. A red meat known as corned _____.
7. A common sandwich meat named after a town in Italy.
11. Do Hormel deli foods taste authentic?

No purchase necessary. All entries must be received by October 31, 1987. See rules for details or check the display at your deli.



Mail with completed crossword to:
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P.O. Box 21-603, Eagan, MN 55121.

Name _____

Address _____

City _____

State _____

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2. *How to qualify:* To qualify for a prize, entry must be completed in full, with all words in the crossword puzzle correctly and legibly spelled out. (Answers can be verified by mailing a stamped, self-addressed envelope to Hormel Crossword Puzzle Answer, P.O. Box 21-605, Eagan, MN 55121. Requests for answers must be received by 9/26/87.)
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MEAT AND POTATOES
continued

about 6 servings, 165 calories each.

SWEET POTATO CHIPS

You can now make at home those sweet potato chips you've enjoyed while dining in restaurants.

Prep time: 10 to 15 minutes
Cooking time: 1 minute per batch

- 1 pound sweet potatoes, peeled and sliced paper thin
- Salad oil for deep-frying
- Salt

In heavy saucepan or deep-fat fryer heat 2 inches oil to 375°F. Add a single layer of potatoes; stir to coat with oil (oil will bubble). Cook until deep golden and crisp, about 1 minute. Drain on paper towels. Repeat with remaining potatoes. Sprinkle with salt and serve immediately. Makes 4 to 6 servings, 300 calories each per 4, 200 calories each per 6.

SWEET POTATO-PARSNIP SAUTE

Turn an ordinary meal into a great one by adding this dish to the menu.

Prep time: 10 minutes
Cooking time: 15 minutes

- 2 tablespoons butter or margarine
- 1 tablespoon salad oil
- ½ pound sweet potatoes, peeled and diced in ½-inch pieces
- ½ pound parsnip, peeled and diced in ½-inch pieces
- 1 teaspoon lemon juice
- ½ teaspoon salt
- ½ teaspoon grated orange peel

In heavy skillet melt butter or margarine and oil over medium heat. Add potatoes and parsnips; saute, tossing occasionally, until tender and golden, about 15 minutes. Add lemon juice, salt and orange peel; toss to coat. Makes 4 servings, 170 calories each.

SALT POTATOES

This central New York dish originated during the Civil War with the local salt miners. Today the potatoes and salt are packaged together for convenience.

Prep time: 5 minutes
Cooking time: 15 to 20 minutes

- 4 pounds small new potatoes
- 1 pound salt (yes, 1 pound!)
- ½ cup unsalted butter, melted

In large saucepot combine new potatoes, salt and water to cover. Bring to a boil; reduce heat and simmer 15 to 20 minutes, until potatoes are tender when pierced with a fork. Drain. Serve with melted butter. Makes 10 servings, 155 calories each. **End**

Recipes developed by Carol Prager, Lisa Brainerd and Kathy Jackette.

DAZZLING DESSERTS
continued from page 111

JOYFUL BAKED ALASKA

pictured on page 111

The shortcut here is using a microwave cake mix versus a homemade sponge (genoise) cake.

Prep time: 25 minutes plus cooling
Microwave time: 8½ to 11 minutes

- 1 package (8.6 oz.) microwave yellow cake mix
- 2 pints strawberry ice cream
- 1 pint pistachio ice cream
- 3 egg whites, at room temperature
- Pinch cream of tartar
- Pinch salt
- ⅓ cup sugar

Microwave cake mix according to package directions. Cool completely. Let ice cream soften slightly. Line a 2-quart bowl 7 inches in diameter with plastic wrap. Add strawberry ice cream, then pistachio, to bowl, packing tightly. Place cake on top. Cover tightly with plastic wrap and place in freezer while preparing meringue. *(Can be made ahead. Freeze up to 48 hours.)*

In mixer bowl beat egg whites until foamy. Add cream of tartar and salt. Gradually add sugar, beating constantly, until stiff but not dry.

Preheat broiler. Invert mold onto a heatproof serving dish; remove bowl and plastic wrap. Cover completely with meringue. Broil 3 inches from heat source 1 to 2 minutes, until lightly browned. Serve immediately. Makes 8 servings, 470 calories each.

JIFFY CHOCOLATE MOUSSE

pictured on page 111

We saved more than 20 minutes by not separating the eggs or tempering the egg yolks.

Prep time: 20 minutes plus chilling

- 1 cup heavy or whipping cream
- ½ cup unsalted butter (no substitutions)
- ¾ cup sugar
- 1 tablespoon instant espresso powder
- 1 tablespoon orange liqueur
- 3 squares (1 oz. each) unsweetened chocolate, melted
- 2 eggs

In mixer bowl beat cream until stiff peaks form; set aside.

In clean mixer bowl cream butter and sugar until light and fluffy. Dissolve espresso in liqueur and beat into butter mixture along with chocolate. Add eggs one at a time, beating 5 minutes after each addition. Fold in whipped cream. Spoon evenly into 4 serving dishes. Or refrigerate 1 hour, spoon into pastry bag with a star tip and pipe into serving dishes. Refrigerate 2 to 3 hours. *(Can be made ahead. Cover and refrigerate up to 24 hours.)* Makes 4 to 6 servings, 505 calories each per 4, 335 calories each per 6.

FAST WAY TO PARADISE

pictured on page 111

Buying quality cookies or brownie bars saves time and trouble of cake baking.

Prep time: 25 minutes plus chilling

- 3½ cups (21 oz.) semisweet chocolate chips, divided
- ¾ cup butter (no substitutions), cut up
- ½ cup heavy or whipping cream
- 2 tablespoons sour cream
- 2 packages unfrosted brownie bars or 3 packages brownie chocolate nut cookies

Sabayon

- ⅓ cup sugar
- 1 teaspoon cornstarch
- Pinch salt
- ⅓ cup sweet marsala wine
- 6 egg yolks
- ½ cup heavy or whipping cream

Lightly oil a 9x5x3-inch loaf pan. Line with plastic wrap; set aside.

In top of double boiler combine 3 cups chocolate chips, butter and cream over simmering water. Cook, stirring, until chips and butter are melted. Cool. Stir in sour cream.

Pour about ¼ inch chocolate mixture into prepared pan. Add a layer of brownies or cookies. Cover with ¼ inch chocolate mixture. Continue layering chocolate and brownies, ending with chocolate. Refrigerate until set, about 3 hours. Invert onto a serving dish; remove pan and plastic wrap.

Sabayon: In small microwaveproof bowl combine sugar, cornstarch and salt. Add wine and stir until well combined. Microwave on High 1½ to 2 minutes, until thick, stirring once.

Meanwhile, in large microwaveproof bowl beat egg yolks with mixer until thick and light. Pour in wine mixture in a thin, steady stream, beating constantly. Beat 2 to 3 minutes more, until thick. Microwave on Medium 1½ minutes, stirring once halfway through cooking. Whisk lightly. Let stand 3 minutes. Beat cream until stiff peaks form; fold into yolk mixture. Makes about 4 cups.

For chocolate garnish, place remaining ½ cup chocolate chips in a plastic sandwich bag. (Do not seal.) Microwave on High 2 minutes, lightly kneading halfway through. *(continued)*



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■ DAZZLING DESSERTS

continued

Seal bag with a twist tie. Cut a tiny hole at the tip of one corner of the bag.

To serve, cut chocolate terrine into ½-inch slices. Spoon Sabayon on individual plates. Top each with a chocolate slice. Pipe on melted chocolate. Makes 12 to 16 servings, 460 calories each per 12, 345 calories each per 16.

RASPBERRY ZIP TART

pictured on page 111

Frozen puff pastry helped us zip through the preparation of this fruit-full dessert.

Prep time: 25 minutes plus chilling
Baking time: 20 minutes

Crème Pâtissière

- ⅓ cup sugar
- 2 tablespoons cornstarch
- Pinch salt
- 1 cup milk
- 1 tablespoon kirsch
- 1 teaspoon lemon juice
- 2 egg yolks, lightly beaten
- 2 tablespoons butter
- 1 teaspoon vanilla extract

- sheet (8 oz.) frozen puff pastry, thawed
- egg plus 1 yolk, lightly beaten
- pint raspberries

Crème Pâtissière: In microwaveproof bowl combine sugar, cornstarch and salt. Whisk in milk until well blended. Microwave on High 4 minutes, stirring twice. Stir in kirsch and lemon juice. Whisk one third of the sugar mixture into egg yolks, then whisk yolk mixture into sugar mixture. Microwave on Medium 1 minute. Stir in butter until melted. Cool slightly; stir in vanilla.

Fill a large bowl half full of ice. Add about 1 cup water. Place bowl with Crème Pâtissière in the ice water; let stand until cold and thickened, about 10 minutes, stirring occasionally.

Meanwhile, preheat oven to 425°F. On lightly floured surface gently roll pastry to smooth any creases. Roll into 15x8-inch rectangle. Cut 1-inch strips from each long side; set aside. Transfer pastry to a cookie sheet, brushing off any excess flour. Moisten long edges of pastry with water. Place strips along moistened edges. Gently press down. Prick bottom of pastry with a fork at 1-inch intervals. With the dull edge of a knife, score strips decoratively. Brush pastry with beaten egg. Bake 20 minutes. Cool completely on cookie sheet.

Spread pastry with Crème Pâtissière. Top with raspberries. Makes 8 to 10 servings, 330 calories each per 8, 265 calories each per 10. **End**

■ KIDS-MICROWAVE

continued from page 68

- 3 tablespoons salad oil
- Chopped nuts

Peel bananas and cut each in half crosswise. Insert a flat wooden stick into cut ends of each banana. Arrange on a plate lined with wax paper. Freeze 30 minutes.

In microwaveproof 2-cup measure combine chocolate and oil. Microwave on Medium 2½ minutes. Stir until smooth. Dip each banana into chocolate. With a spoon spread chocolate completely over each, letting excess drain into cup. Immediately roll dipped bananas in nuts. Return to freezer about 1 hour. *(Can be made ahead. Freeze up to 1 month.)* Makes 8 pops, 200 calories each without nuts.

CHUNKY BACON STICKS

These treats are a savory after-school snack; serve them with milk.

Prep time: 5 minutes
Microwave time: 2½ to 4 minutes

- 3 strips bacon
- 6 long, thin breadsticks

Cut each bacon strip in half lengthwise. Wrap 1 strip in a spiral around each breadstick. Arrange bacon sticks about 1 inch apart on a paper plate lined with a paper towel. Cover with another paper towel. Microwave on High 2½ to 4 minutes, until bacon is cooked. Makes 6, 100 calories each.

HOT DOG-STUFFED HAMBURGERS

It's a neat surprise to taste the hot dog inside the burger!

Prep time: 10 minutes
Microwave time: 7 to 10 minutes

- 1¼ pounds ground beef
- Salt and freshly ground pepper
- 2 hot dogs, cut into ½-inch slices
- 4 tablespoons ketchup
- 4 teaspoons prepared mustard
- 4 hamburger rolls

Shape beef evenly into 8 thin patties. Sprinkle with salt and pepper. Cover 4 patties with hot dog slices. Top each with a tablespoon ketchup and a scant teaspoon mustard. Cover with remaining 4 patties; pinch edges firmly to seal.

Place in an 8-inch square microwaveproof dish; cover with wax paper. Microwave on High 4 minutes; rotate dish a half-turn. Microwave 3 to 5 minutes more, until meat loses its pink color. If desired, serve on rolls. Makes 4, 565 calories each. **End**

Diana Williams Hansen is a food consultant and syndicated columnist on microwaving.

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★ STAR GUIDE ★

FOR SEPTEMBER

ARIES (March 21–April 19) Work hard to accomplish everything you have to do. But after that, slow down. Stop taking on so many responsibilities, and relax and spend some time with your loved ones. This is also a good time to start dieting.

TAURUS (April 20–May 20) Young people in your family need more guidance than you realize. Although they may appear to resent advice, they really want to hear what you have to say. Sit down with you've been thinking about—the change will do you good.

LEO (July 23–August 22) If you use your imagination, you can easily come up with money-making ideas. A friend may need an assistant, and you could do the job for a salary that will make you both happy. Don't spend bonuses too quickly.

VIRGO (August 23–September 22) Marvelous opportunities will turn up now. You will begin to feel like a new person, and others will come to you for advice, sympathy, friendship and love. By changing your attitude, you will have more fun, and more success with your career as well.

restaurant, then go to a movie or th theater or go dancing.

SAGITTARIUS (November 22–Decembe 19) You may have to make a major dec sion about your ambitions—especially you've put your goals on hold to hel loved ones. Make a list of your goals, ar you will start to attain them one by on But don't procrastinate—you must b enthusiastic and energetic.

CAPRICORN (December 20–January 19 A friend living in another part of th country may suggest that you visit he This will give you a chance to take som time off from your heavy workload an family responsibilities. To prevent d



them and share some of your personal experiences. Or go to a movie and enjoy each other's company.

GEMINI (May 21–June 20) This is a happy time, since relatives you haven't seen for a while suddenly appear on your doorstep. Plan a reunion to let them know you're glad to see them. This is also a good reason to do some redecorating.

CANCER (June 21–July 22) You have been a hermit lately, and now you need to make some changes. Attend community events to make new friends. Also, take a trip to visit old friends or neighbors

LIBRA (September 23–October 22) Take your time making important decisions or you could find yourself paying for things that you ordered on a whim. Beware if friends try to lure you into a business project—you could end up losing money. Think twice before committing yourself to helping someone financially.

SCORPIO (October 23–November 21) A few nights on the town will do you good. You need a break from family responsibilities, and although a vacation would be ideal, there's plenty to do in your community. Have dinner at your favorite

lays or inconveniences, check travel doc uments before leaving home.

AQUARIUS (January 20–February 19) Fi nancially, things may be difficult now, s you should start to cut down on extrava gances. If you need a loan, talk to relative or bank manager, and you wil probably meet with success.

PISCES (February 20–March 20) Get fam ily approval before you do anything rash such as selling a family heirloom or re decorating the house. To avoid seriou arguments, discuss your plans with you family.

—FREDRICK DAVIE

GREEN THUMB JOURNAL

iis fall, enjoy your harvest of fruits, getables and flowers, but also plan ead for even better results in 1988. A tle work now can make next year's rden the best ever.

Tips for a better garden

Take photographs of this year's garden, pecially the vegetable patch, so you n't plant a duplicate variety in the me spot more than two years in a row. u'll also want photographs to remind u of the areas that get the most sun.

ants that are subject to mildew (whit- ed leaves), such as zinnias, roses, li- s and phlox, may show signs of this sease if they are not planted where ey will get sunlight from early morn- g until at least early afternoon.

Divide crowded perennials (after they ve already bloomed) to prevent dis- se and insect infestation. For example, ergrown clumps of iris may harbor soft (decay) and debris where borer moths lay eggs. Simply pull the clumps art and cut away any rhizome (the rizontal underground stem that gives rise to roots and shoots) that is attached to the old bloom stalk, or that has become infested with borer moths. Then replant the clumps—each should contain no more than three to five rhizomes.

- Late summer is a good time to plant flowers for next year, including peonies, a wide variety of bulbs and perennials.
- Use burlap to screen plants from the wind and sun, particularly those newly planted or with a northern exposure.

Answers to your questions

Q. *The tips of my Christmas plant have started turning yellow and falling off. How can I stop this from happening?*

A. Both Christmas and Thanksgiving cacti need more humus in the planting mix than other succulents do, and slightly more water during their spring and summer growing periods. During September and October, refrain from watering, and give them fourteen hours of uninterrupted darkness to ensure flowers in time for the holidays. When the buds have set, feed the soil once with a half-strength, water-soluble fertilizer. Keep plants dry until they bloom.

Q. *I have lots of geraniums in my yard, and I'd like to keep some of these plants over the winter. What's the best way?*

A. Take cuttings from your geraniums and bring them in the house. Snap off stems so that they are two to three inches long, and strip each stem of all but three or four of the top leaves. Leave the stems exposed to air (in the shade) for a day, so each stem will form a callus on its end. This will keep the stems from rotting. As an extra precaution against disease, dip the callused cuttings in rooting powder (available at most nurseries or garden supply stores). Set each stem in a pot of lightly packed sterilized soil. Keep the soil moist but never soggy. After the roots develop, place the pot in a bright, sunny window, letting the soil dry out between waterings. Fertilize the plants after new growth appears. Once your plants are five inches tall, pinch back the stem tips to encourage branching. In about four to five months, the plants should start flowering. —C. Z. GUEST

For a personal response, send your gardening questions or comments with a self-addressed, stamped envelope to C. Z. Guest, LHJ, 100 Park Avenue, New York, NY 10017.



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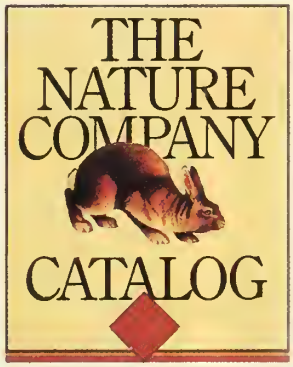
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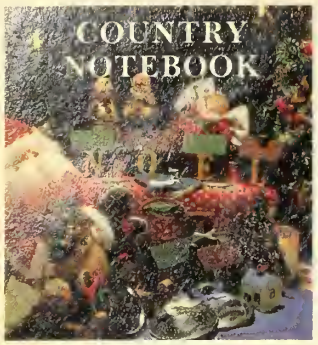


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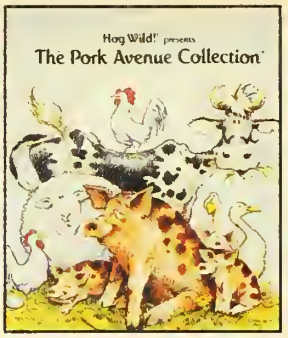


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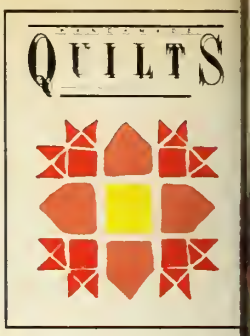
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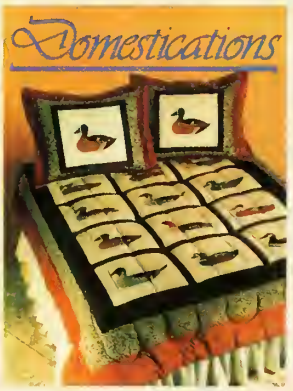
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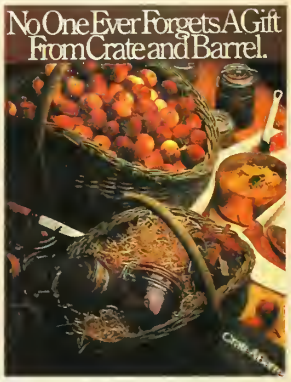
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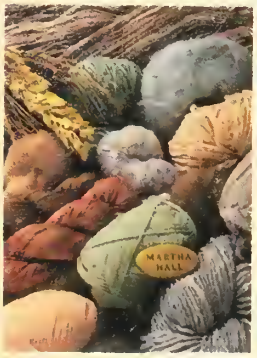
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KITCHENS

continued from page 129

PIERRE FRANEY'S FISH STEW WITH VEGETABLES

- 2 pounds skinless, boneless monkfish or red snapper
- 3 cups bottled clam juice
- ½ cup dry white wine
- 1 pound carrots, cut into 1-inch julienned strips
- 1 teaspoon minced garlic
- ¼ teaspoon red pepper flakes
- ½ teaspoon salt
- ½ teaspoon freshly ground pepper
- 1 pound cucumbers, cubed
- 1 can (14½ oz.) Italian tomatoes, drained and chopped
- ½ cup chopped green onions
- ¼ cup chopped fresh cilantro (coriander)
- Aioli (recipe follows)

Cut fish into 1½-inch-square pieces; set aside. In stockpot bring clam juice and wine to a boil. Add carrots, garlic, red pepper flakes, salt and pepper. Simmer 5 minutes or until carrots are tender-crisp. Add fish, cucumbers, tomatoes, onions and cilantro. Cover tightly and cook 5 minutes. Serve immediately with Aioli. Makes 6 servings, 240 calories each without Aioli.

AIOLI: In blender combine 1 egg yolk, 1 tablespoon Dijon mustard, and salt and pepper to taste. With machine on, add 1 cup olive oil in a slow, steady stream. Blend until oil is incorporated and mixture is thick. Transfer to a serving bowl and stir in 1 tablespoon minced garlic. Makes 1¼ cups, 100 calories per tablespoon.

Recipe adapted from THE SEAFOOD COOKBOOK, by Pierre Franey & Bryan Miller, Times Books, copyright © 1986.

MARTHA STEWART'S SAUTEED PORK CHOPS WITH THYME

- 8 pork chops (about 3 lbs. total)
- 3 tablespoons olive oil, divided
- Salt
- Freshly ground pepper
- 8 sprigs fresh thyme
- Juice of 1 honey tangerine or orange

Place pork chops in a 13x9-inch glass baking dish. Drizzle with 1 tablespoon olive oil. Sprinkle with salt, pepper, half the thyme and half the juice. Turn and repeat. Marinate 24 hours.

In 2 medium skillets heat remaining olive oil. Press pieces of thyme sprigs into each chop; cook 7 minutes per side for thick chops or to desired doneness. Makes 8 servings, 515 calories each.

MRS. FIELDS'S THERE-IS-NO-SUCH-THING-AS-TOO-MUCH-CHOCOLATE PIE

- 1¼ cups chocolate chocolate chip cookie crumbs (about 7 or 8 cookies), divided
- ¼ cup butter, melted
- 2½ cups heavy or whipping cream, divided
- 2 cups semisweet chocolate chips
- ½ cup sugar, divided
- 2 eggs
- 3 teaspoons vanilla extract, divided
- ¼ teaspoon salt

In medium bowl combine 1 cup cooki crumbs and melted butter. Press into 9-inch square pan. Refrigerate unti ready to use.

In small saucepan heat 1½ cup cream just to boiling. In blender com bine chocolate chips, ¼ cup sugar eggs, 2 teaspoons vanilla and salt. Ad hot cream and process until smooth about 1 minute. Pour into prepare pan. Refrigerate at least 1 hour.

In mixer bowl combine remaining cup cream, remaining ¼ cup sugar an 1 teaspoon vanilla. Beat until stif peaks form. Spread over chocolat mixture. Sprinkle on reserved ¼ cu crumbs. Cut into 12 pieces. Makes 1 servings, 500 calories each. **En**

PATTY DUKE

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hugged me and told me that she'd heard how wonderful I was playing her. Her voice was hard to understand, like a computer talking. To understand me, she put her thumb on my lips and her fingers on vibration points. She didn't miss a thing.

Unfortunately, the more famous I got, the more neurotic the Rosses got. They were both heavy drinkers, and Ethel also took tons of pills—phenobarbital and the antipsychotic medications Stelazine and Thorazine. During the course of *The Miracle Worker*, when I was thirteen or fourteen, the Rosses involved me in their habits. At first, they gave me Virgin Marys, but eventually they added vodka.

The same pattern developed with drugs. Whenever there was even a hint of my getting sick, they took me to a doctor who gave me some kind of shot. Eventually they started giving me Thorazine and Stelazine, as well as phenobarbital and a very strong painkiller, Percodan. Ethel would say, "Okay, take your happy pill now; you've got to go to sleep so you'll be bright-eyed and bushy-tailed in the morning." Years later, when I learned I was suffering from manic-depression, I wondered if the Thorazine and Stelazine had triggered those episodes in the first place.

As the years went on, the Rosses began drinking more heavily. And when John drank, he became increasingly sexual with me. What happened to me was minor compared with the real horror some kids have gone through. But the trauma was the same. The first of several incidents I clearly recall took place in 1961, while I was in New Jersey filming the movie version of *The Miracle Worker*.

It was a broiling-hot Sunday, and I decided to pretend to be asleep, so I wouldn't have to talk. John got in bed with me. Then he began to fondle me. He got an erection, which pressed against my rear end. I was terrified. When John put his leg over me, I sat bolt upright and threw up all over him. Thank God for my weak stomach.

Prime time

Preparations for what was to become *The Patty Duke Show* began while I was filming the movie version of *The Miracle Worker*, for which I won the Academy Award for best supporting actress; at the time, I was the youngest person to win that honor. Everyone except me was thrilled about the show. I played identical cousins: Patty Lane, a sparkly American teenager (and the comic despair of her elders), and Cathy Lane, her demure, intellectual Scottish double.

At first *The Patty Duke Show* wa exciting, but because of the inheren limitations of the roles, I got bore very quickly. And the longer it lasted the more I began to hate it.

I was constantly angry and de pressed. I did my job, but I felt lonel and hopeless.

Then I met Harry Falk, one of th show's assistant directors. From th moment I saw him, I knew I woul marry him. He was fourteen years old er than I and dating someone serious ly, but I was determined.

Harry was spectacularly good-look ing, six feet one with big blue eyes, th kind of guy who turned heads. I di everything I could to attract his atten tion. When he finally invited me t dinner, I thought I would die.

We quickly became serious: Les than two months after we started go ing out, we made love. Though I didn' have a clue about what I was doing I'm ever grateful to Harry for makin my first sexual experience all the nic things it's supposed to be.

Needless to say, the Rosses wer dead set against our relationship. Bu I finally snapped. I told them I hate them and that things were going to b different. I was eighteen, and the didn't own me anymore. *(continued*

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PATTY DUKE
continued

My exit line was "I'm going . . . to sleep with Harry." I slammed the door behind me and never returned to the Rosses again.

After that triumphant exit, I spent the summer with Harry in New York; in the fall, I moved by myself to Los Angeles, where the show was now being filmed. That's when I began traveling with the remnants of the Rat Pack. Carousing with people like Peter Lawford was heady for me. It was dinner at Matteo's every night, visits from the likes of Warren Beatty, Lee Marvin, and Sammy Davis, Jr., lots of show biz and Kennedy stories and much drinking of Jack Daniel's but, oddly, no sex. The drinking got so heavy that I was called on the carpet many times for looking hung over during filming.

Battling depression

In September 1965, I suffered a ruptured appendix and, simultaneously, a cyst on my right ovary. After surgery, I experienced the first major manic episode I can now identify. I didn't eat. I didn't sleep. I spent great sums of money. And though I was too physically uncomfortable to run around town, I talked on the phone constantly.

After six weeks, I felt better. Harry came out for a couple of visits, and we became engaged. A month shy of my nineteenth birthday, we were married. After a honeymoon in San Francisco, we returned to L.A. so I could film the final episodes of *The Patty Duke Show.*

Though I had hated working on the show, when it finally ended, I sank into another major depression. Over the next few months, my manic-depressive episodes grew worse, and at one point, I tried to kill myself by taking thirty-five Valiums. Several hours passed before Harry discovered what I had done. He rushed me to Westwood Psychiatric Hospital, where I stayed for six weeks.

Once I was out of Westwood everyone assumed I was cured. However, I was merely experiencing one of those stable periods that occur between untreated manic and depressed moods.

By summer 1968, it was clear that my marriage was falling apart. While I was in New York filming *Me, Natalie*, I discovered Harry had been fooling around. My heart was broken. Certainly the lion's share of the failure of that marriage was mine. Harry was to blame, too, but his faults were overshadowed by my illness.

The year after my marriage ended, I teetered on the brink of emotional collapse. I'd be absolutely fine for several days, but then I would threaten suicide or have an angry outburst on the set. I was hung over most of the day because I drank most of the night.

Strangers in the night

One evening I was coming down with a cold. I thought some soup might do me good, so I went across the street to an Italian restaurant. While I was eating, the door opened and in came Frank Sinatra—with a statuesque blond and a group of about fifteen people. The next thing I knew, the manager came over and said, "Mr. Sinatra would like you to join his table." I protested, but Frank was adamant. After about half an hour, Frank went to the men's room. As he passed me he leaned over and said, "You *are* going home with me, aren't you?" I said yes. It happened that fast.

At first, there was a party at Sinatra's place, and then, all of a sudden, as if somebody had pushed a button, everyone disappeared. Sinatra turned to me and said, "Would you like to hear my new record?" That's the first time I heard "My Way." We sat on the couch, drinking champagne, and then he said, "Let's go to bed."

I suppose I could have said no, but I'd stayed so long that there was no turning back. Sinatra showed me to a bathroom, handed me a robe, opened a drawer and said, "There's a toothbrush in there if you want it." Indeed, I had my choice of brand-new toothbrushes. I took a shower and drank a lot more while I was in there. We talked until it was close to dawn and then went to sleep. Nothing happened.

When I woke up the next morning, I found my period had started during the night. I was mortified, but Frank couldn't have cared less. When he drove me home he said he'd like to see me again. The next day the phone rang and a voice said, "This is Francis Albert. Do you want to go to Palm Springs?" I spent a few weeks with him off and on there. We slept in the same bed, but we never had sex.

Desi and me

In March 1970, a few days after I'd appeared on *The Merv Griffin Show,* I got a message that Desi Arnaz, Jr., had called. I knew who he was, but I'd never met him, so I ignored it. Desi persisted, and that was the beginning of a romance. Though I've hesitated to say it, I loved Desi Arnaz very much.

Almost immediately, Desi and I became the media couple of the moment. We hit all the right spots every evening, a kiddie version of Elizabeth Taylor and Eddie Fisher. At the time I wondered how Desi was able to throw back so many gin and tonics and smoke so many cigarettes and still get

ıp the next day. The secret—which I lidn't discover until his mother lropped the bombshell—was that Desi vas only seventeen.

While Desi's father was gracious, ucy was officious and cold, with barey a veneer of politeness. Finally, she ave her son an ultimatum: Stop seeng me or be cut out of her will.

After the breakup I met John Astin t a party and had a brief, secret afair. He was sixteen years older than I nd a magnificent lover. Though John asn't living with his wife and three hildren, he was still married. When e told me he was going back to his amily, I thought that was the end. I idn't know how much I really cared or him, and I certainly didn't know nat before our affair ended, I had coeived our son, Sean.

From the moment my pregnancy beame public knowledge, everyone ıought Desi was the father. My crime uring that time—and it was indeed a rime—was that out of fear I allowed eople to assume that he was.

When Sean was born—by caesarean ection—I was in ecstasy, but I also lt like a scarlet woman. Yet being esponsible for a child made me beave more responsibly. I bought a nall house and became a virtual reuse—until about eight months later, hen John Astin's marriage ended ıd we reestablished our sexual relaonship. By then, he had guessed that ean was his son; on August 5, 1972, e were married. Our second son, ackenzie, was born May 12, 1973.

Although our marriage broke up in 985—John and I were great at tackng the larger, spiritual issues, but we uldn't handle everyday living—our ildren still bind us together and ave continued in the family acting adition. Sean has starred in TV and ature films such as *Goonies*, and ack is a regular on *The Facts of Life*.

Making it

ost of my adult career has been in V, and my actor's competitiveness ıs made that really bothersome at nes. Yet I do get a crack at some of e best things done on TV, for which re received eight Emmy nominaons, more than any other dramatic tress. The most thrilling honor was e Emmy award for my role as Annie llivan opposite Melissa Gilbert in a make of *The Miracle Worker*. Acting e Annie Sullivan part had always en a fantasy of mine.

In 1982, after remaking *The Miracle orker*, I was working on the TV show *Takes Two*, with Richard Crenna, ıen I had a manic attack that finally l to a breakthrough in my treatent. Dr. Harold Arlen, a psychiatrist I had been seeing, told me, "I suspected this before, but I wanted to be sure . . . I think you're manic-depressive."

From that moment on, I was no longer frightened. It was such a relief, a miracle, for someone to give a name to my condition.

The treatment for manic-depressive illness (most people who have this condition are born with it, but in some cases it remains dormant) is a carefully regulated, twice-a-day dose of lithium, a chemical already present in the body. This drug does not make you high or alter your mood. All lithium does is help correct an imbalance in your body. I accept this, recognizing the tremendous positive change in me, and say, "This is it. For the rest of my life I take a pill in the morning and a pill at night."

Madame president

Aside from a stint in Robert Kennedy's presidential campaign and some sporadic antiwar rallies during the Vietnam era, I was never really politically involved. Until 1980. That's when I was asked by Catholic Relief Services to go on a two-week trip to Africa to help raise money to fight famine.

From that point on, I made an effort to become more politically involved. I fought hard for the Equal Rights Amendment, and more recently, I've been active in fund-raising for AIDS research and nuclear disarmament.

Nineteen eighty-five was a presidential year for me: I played America's first female president in *Hail to the Chief*, a short-lived television series, and then I became the real-life president of the Screen Actors Guild, succeeding Ed Asner.

In the fall, I began work on a TV movie called *A Time to Triumph*, based on the true story of a woman who joined the Army in her thirties. That assignment meant location work at Fort Benning, in Columbus, Georgia, where I met Michael Pearce, a drill sergeant whose job was to get me through basic training so I'd look as if I knew what I was doing on film. Separated from his wife, Michael was eight years younger than I and an eleven-year Army man, but we fell in love. It took a year for Mike to get out of the Army and move to Los Angeles; we were married in spring 1986.

Looking back at the ebb and flow of my life, I know a part of me is really tickled by the whole thing, a part can say, "Yup, wasn't that funny? Wasn't that terrible? Isn't it amazing that I survived at all?" I'm still my own harshest critic, but I have entered a phase of being much more accepting of myself. And, without bitterness or regrets, I can move on. **End**

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GRACE KELLY

continued from page 35

Georgie Elgin of *The Country Girl*. She was, in fact, suffused with this role, living it onscreen and off.

I raised this problem over dinner one night. "May I suggest something, Grace?" I asked. She nodded. "When you arrive at the studio each morning, be glamorous, be *perfect*—and then become your character. It will create a mystique about you."

We began to discuss ways she could look more glamorous. I selected a wardrobe for her from my collection and designed a few new dresses with her specifically in mind. In fact, I created the Grace Kelly look.

She was grateful for my help, but her gratitude didn't affect the status of our romance: We continued to fence. I decided to return to New York, partly to get back to my business, but also to make clear to her that I could do quite nicely without her.

To catch a Kelly

We continued to correspond. She went to Colombia to film *Green Fire*, and it was during her absence that *Dial M for Murder* was released. Stories about her appeared everywhere. People were hungry for information about this woman, for insights into the mystery of Grace Kelly's appeal. It was recalled that she and I had been seen together frequently during the shooting of *The Country Girl*. News about us as a couple did nothing to harm my reputation. The reality, however, was that our relationship was still distressingly platonic. A breakthrough was needed, and it came in the form of a postcard from Grace, which said only this:

"Those who love me shall follow."

She was going to the Riviera with Cary Grant and Alfred Hitchcock to shoot *To Catch a Thief*. We went to the casino the first evening I arrived in Cannes, but she did not offer any romantic overtures. She was very cool; I was very disappointed. She acted as if I traveled only from New York to Philadelphia to see her, and I thought that I must have been mad to follow her to Europe.

I made a decision: I would give this thing one more chance the next day, but that was all.

I planned a picnic at a secluded cove on the Mediterranean. And there I told Grace I cared for her very deeply. I spoke simply, honestly.

She said nothing, but she looked at me with those blue eyes in such a way that I knew I had won.

In the following days we explored the Riviera, an area I knew well. The Riviera can be wonderfully seductive: soft ocean breezes, lovely drives, sun glistening on the sea, perfect little inns in the mountains.

We went to church together every Sunday, and Grace went to confession regularly. She told me she used to live a very strict life in New York: "At the Barbizon Hotel, my curfew was midnight, and of course I couldn't have visitors. My family demanded these regulations. At times it was difficult to reconcile my career with my background. And now, with you, I've broken all my regulations."

Our time in Cannes was coming to an end, and I was beginning to wonder what would happen. One night, at a little restaurant on a pier, Grace got down to business. "Well, here we are, Mr. Cassini," she said with a little laugh. "You've been following me all over the world. What do you have to say for yourself? Anything?"

There was a Roman Catholic soul lurking inside Grace Kelly, one that obviously expected some sort of proposal from me. "The depth of my feelings should be clear to you," I said. "I think I would be happy to continue as we are right now or to take this in any direction you want, including marriage. What do you wish?"

"I want to make my life with you," she answered quietly. "I want to be your wife."

In the midst of our celebration that night, Grace began to talk about preparations for our marriage with the flushed enthusiasm of a typical American Junior Leaguer: where we would be married, what she wanted to wear. "I want to write home immediately and let my family know," she said. "Mother will be on my side in this, I'm sure of it. . . . There may be some difficulties with Father. You're not exactly his type."

Wedding-bell blues

I left for Paris several nights after we decided to be married. Grace had a few more days of shooting, and I had business to attend to. We spoke by phone each night to make plans, but the specter of her family always haunted us. It prevented me from getting too serious about our plans. In one conversation she told me that it would be best to travel separately back to the States. We would have a better chance with her parents, she said, if the appearance of propriety was preserved.

I agreed, accompanied her to the boat, said bon voyage, flew home . . . and found the world had turned in my absence. Grace Kelly had become the biggest star in America, and our romance was a cause célèbre.

Our meeting at the boat was very public, very "correct" *(continued)*

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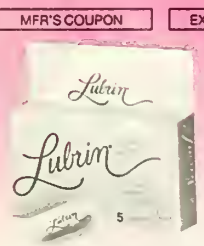
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GRACE KELLY
continued

and entirely unsatisfactory. Grace greeted me with a not-very-passionate kiss, then was whisked off to her family's summer retreat at Margate, near Atlantic City.

We spoke by phone almost every night. She continued to hope that her parents could be won over. It would have to be done in stages, starting with lunch with her mother.

We met at Grace's apartment and took a cab to the Colony. I was in trouble, in fact, before we left the taxi. To break the ice, I said, "Well, here we are—the unholy trio."

"You, Mr. Cassini, may be unholy," Mrs. Kelly responded. "I can assure you that Grace and I are not."

This set the tone for the rest of our meeting. Indeed, at lunch, Mrs. Kelly began a lengthy discourse on my unworthiness. I was a divorced man. I had a checkered past. I was a playboy. "We do not consider you good marriage material, Mr. Cassini," she said.

Where was Grace? Why wasn't she saying anything?

"We propose a six-month moratorium on this. We don't think you should see each other for that time. Afterward, Grace will be able to see if it was just Europe, your charm or your pursuit of her . . ."

Grace still hadn't said a word. It was almost as if she were a mere bystander, willing to go along with whatever her mother and I decided.

Later, on the phone, I said to her, "You'll have to make the decision. I don't think it's up to me to sell myself to your mother."

Grace didn't respond directly, but several days later she sent me a warm note. She encouraged me to remain optimistic and invited me to her family's beach home.

As it turned out, it was an unforgettably unpleasant weekend. I was imprisoned in a cubicle down the hall from Mr. and Mrs. Kelly, making even a private moment with Grace impossible. Mr. Kelly and Grace's brother made their feelings toward me quite apparent, and again, Grace didn't utter a word. I left New Jersey convinced my cause was lost. The Kellys would never approve, and Grace would make no effort to persuade them.

Sneaking around

Grace had decided to appear to comply with her parents' moratorium, but the embargo was never actually in effect. We continued to see each other as much as possible, if somewhat surreptitiously. We often dined at her apartment, with one of us cooking. We also spent many weekends together at a beautiful estate on Long Island.

Other times, though, I didn't see her for weeks on end. During one of these periods, she called from Los Angeles.

"The hell with this silly moratorium," she said. "I don't care what my parents think. I miss you. Let's get married anyway."

In the next few days, Grace sent a barrage of letters from the Bel-Air Hotel. The first one I received began like this: "Darling—I really can't wait to see you, now that I know I want to marry you. . . ."

I arrived at her hotel several days later. It was a sweet but brief reunion. I found a priest willing to overlook my divorce and marry us in Virginia. Arrangements were made for a small wedding . . . but it was never held. Why not? I don't know. We both hesitated, and the moment was lost. But there were other moments.

The Kennedy connection

One such moment was a memorable lunch Grace and I had with Joseph P. Kennedy, the patriarch of the other illustrious Irish-American clan. Joe and I played golf together and regularly had dinner Tuesday nights.

"Joe," I told him, "I'm having trouble with this family, and you're the one guy who can fix it."

"Don't worry, Oleg, you big donkey," he said. "Introduce me to the lucky girl, and I'll settle everything for you. I guarantee it."

I arranged a lunch at La Cote Basque. We sat at a corner table: Grace, demure and elegant; Joe Kennedy, with his brilliant blue eyes, an incredibly vibrant man even then; and I. I was feeling pretty confident.

"Now, Grace, I know this donkey. He's a pretty good boy, an honest guy, but you'd be making a terrible mistake to marry him."

"Joe," I said, "cut it out . . . Grace, he's kidding."

He might have been kidding, but he wouldn't cut it out.

"Grace," he continued, "you know what sort of fellow this Cassini is. We Irish have to stick together."

I was beginning to wonder if Joe Kennedy wasn't attempting a move on his own on Grace. He stroked her hand as he tried to make a date with her.

"You and I have to discuss this thing," he said. "Count on me. I'm at your disposal."

The story of the Cote Basque lunch never failed to amuse his son Jack. It was one of his favorites. More than once, sitting with a group of close friends, the President would say to me, "Oleg, tell them how Dad screwed you up with Grace Kelly."

But Joe Kennedy didn't screw me up with Grace; I did that myself. She and I screwed ourselves up. With all our games and hesitations, fits and starts, we didn't have much of a chance.

Fairy-tale romance

Finally, Grace called one day to say she had something very important for us to discuss. We met on the Staten Island ferry, of all places.

"I know this is going to be a difficult conversation," she said, "but you must hear me out."

"We have had many difficult conversations in the past," I replied. "I can't think of anything you'd say that would surprise me."

But she did surprise me, quite a bit. "I want you to know first of all," she said, "that within my capacity for caring, I have cared more for you than anyone I have ever known and will probably continue to do so. However, for various reasons that should be apparent, I have decided to marry Prince Rainier of Monaco."

I was stunned and perplexed. "Why?" I asked. "How and when did *this* develop?"

It had materialized out of thin air. She had met the fellow once, when they were photographed together—briefly—during the Cannes Film Festival. Later, Rainier's personal priest, the Reverend John Tucker, had contacted friends of the Kelly family and arranged a meeting in Philadelphia over Christmas 1955. Rainier proposed two days later, and Grace accepted. It was called a fairy-tale romance.

"Very well, then," I said, numbly. I wasn't about to argue with her. She was determined. "I wish you all the best. I'm sure you are making the right decision." I truly did wish her well, and it is my opinion—now as it was then—that Grace made the correct decision. Prince Rainier was an attractive, cultured man—a reigning monarch who brought her prestige.

I believe that to Grace I represented liberation from the straitlaced, self-righteous background she came from. She had room to maneuver, to breathe, to be funny. There was also a very intense emotional chemistry between us. I think all this freedom in the end proved threatening to her solid, controlled, conventional core. She was intrigued by the chemistry but never entirely comfortable with it.

Years later, I met Grace's mother at a Philadelphia charity ball. Indeed, she—of all people—was to present me with an award, the Philadelphia Cup, for my contributions to fashion. As she handed me the ceramic bowl, she whispered, "I think perhaps I made a mistake about you after all." **End**

SMART MEN

continued from page 82

great husbands and great fortunes. "It happens on *Dallas*," said one society columnist, "so why shouldn't it in real life? Where do you think they get their story ideas, anyway?"

Power plays

In most cases, psychologists agree, men who womanize have little respect for women as human beings. And women who let themselves be used are either coldly cynical or so insecure that they expect nothing more.

One woman whom John Kennedy courted but never captured said, "The whole thing with him was pursuit. I think he was secretly disappointed when a woman gave in. It meant that the low esteem in which he held women was once again validated. It meant also that he'd have to start chasing someone else.

"I once asked him why he was doing it," continues the woman, "why he was taking a chance of scandal while trying to make his career take off. He took a while to answer. Finally he shrugged and said, 'I don't know. I guess I just can't help it.' He had this sad expression on his face. He looked like a little boy about to cry." **End**



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LEGACY

continued from page 104

over the years about Communist subversion on our doorstep.

This was how I came to be stationed in Cartagena, Colombia, in December 1985, when I received orders to report to the Pentagon. This, I thought, was the chance I'd been waiting for.

In Washington, I was contacted by a two-star general and given the exciting news. "Starr," he said, "a major isn't often tapped for an opportunity like this. Because of your Spanish and your strong record, you're wanted at the National Security Council."

"Am I qualified?"

"The Army wants you to go . . . demands that you go."

"My duties?"

"Cloak and dagger? Who ever knows? Good luck, Starr."

Now, more than a year after I had started my new job, I got an urgent phone call from Zack McMaster, which changed my life irrevocably. Zack, my bunk mate from West Point, had decided to turn to law. These days, my street-smart friend was one of Washington's legal geniuses. "Norman Starr, old buddy, you're in trouble."

"What?"

"I just heard that the Senate Committee on the Iran-contra affair wants to interrogate you in three days, on Monday morning. You'll be notified officially today," he said.

My mouth went dry. Concerning the contras, I could not paint myself lily white. There was, after all, the Tres Toros affair, about which rumors had begun to circulate. I wouldn't feel easy being interrogated about that. "You'd better come over," I said.

Before I saw Zack, I had to clarify in my mind where I stood. I had been in touch with Colonel Oliver North a couple of times in Nicaragua. Strictly professional, strictly within the law, so far as I knew. I had reported to him twice on the effectiveness of the contra effort. Even at Tres Toros my actions were inspired by patriotism and by my conviction that Communism was a deadly peril.

When Zack arrived, I saw that he hadn't changed—he still seemed to keep four steps ahead of me. He wore his three-piece suit as though it were a trim military uniform. I was glad to have him on my side.

After clearing a place for his papers on our dining table, he said, "Look, soldier, I'm here as your bunk mate. To save your neck, I need to know the absolute truth. If you lie on the stand, you go to prison for a long, long time."

Then he began to bombard me with questions, some so classified that quite often I had to say, "I can't answer. National security."

Once he stormed, "I'm your *lawyer*, damn it! You want me to handle this case, and I can't unless you give me short, honest answers to three questions. One, were you pretty deep in the contra affair?"

"Yes."

"Did you ever do anything illegal?"

"I always had authorization." I hesitated, a fact he noticed, then changed my answer: "Better make that, I always *thought* I had authorization."

"Could a civilian jury find you guilty of anything?"

"If the facts were twisted."

Grasping my shoulder, Zack said, "You're in a dangerous position, old friend. The public smells blood on this contra affair, and they're hungry for victims. But there may be a way out."

At this point my wife walked in the front door, lugging two big brown bags from the supermarket. Nancy is just five foot one, but she's packed with explosive energy. The minute she saw Zack, she gave him a hearty kiss. "What brings you here, counselor? According to the papers, you've been keeping a lot of irons in the fire."

"None bigger than this one, Nancy," he said. "The bloodhounds are after your old man."

"Serious?"

"Very."

"The Iran-contra affair?" she asked. My wife is a clever woman, always willing to make leaps in the dark.

"Yes."

As I had done earlier, Nancy choked and grew pale.

Looking at both of us affectionately, Zack smiled and said, "Relax, you two. Let me do the worrying." And he left

our house with a very worried look.

At six-thirty the next morning our doorbell jangled. It was Zack. "I couldn't sleep," he said. "Kept devising alternative strategies."

After Nancy brought us coffee, he didn't waste time on social niceties. "Norman, didn't you tell me once at the Point that some of your ancestors were involved in our national history?" Zack asked.

"Nearly all of them were."

"Refresh my memory."

I went to the bookshelf by the fireplace, took down my *World Almanac*, opened it to the appropriate page and handed it to him. "Look who signed the Declaration of Independence under the *S*s." There, toward the bottom of the list, was the name of Jared Starr, a major in the Continental Army.

"He'll prove very helpful to us. Didn't he sign the Constitution?"

"That was his son. There," I said, turning a few pages. In minute print was the name Simon Starr.

"Anyone else we can use to keep you out of prison?" Zack asked.

"Well, my father won a Congressional Medal of Honor."

"He did? You never told me." Zack reflected on this for a moment. Then he said, "You Starrs are patriots. If we play this right, I believe no Senate investigation can touch you. What I want you to do, and you can help in this, Nancy, is review your family's background. Get it lead-pipe solid in your mind, because it just might become important when you're speaking before the Senate Committee."

After he left, we dug out some old family papers and pamphlets. I scanned the notes Simon Starr had left regarding his role in the writing of our nation's Constitution.

On May 9, 1787, Simon Starr left his family plantation in northern Virginia and started for the Constitutional Convention in Philadelphia. He carried with him a letter of instruction his father had sent from his deathbed. "Make plans to fill my spot and fashion a strong, new form of government."

Simon was twenty-eight years old that spring, redheaded, quick to anger and interested in all aspects of American life. He had served as a foot soldier in the later years of the Revolution, rising to the rank of captain.

Four days later he rode into Philadelphia. He found his way to the designated inn, tied his horse and strode inside to announce himself: "Simon Starr of Virginia, here for the room assigned to my father, Jared Starr."

At the mention of this name, several men who had been idly talking moved forward to meet the newcomer. "I rode hard to get here for tomorrow's opening session," Starr told them.

One delegate, James Madison, replied with a touch of asperity, "No need. There'll be no session. Takes seven of the thirteen states to form a legal quorum. Only four are here now."

Eleven days were wasted as delegates straggled in. Finally, they were able to begin. Throughout the convention, Simon Starr kept notes that would depict one young man's reactions to those who had gathered in Philadelphia that hot summer. He described one well-known participant:

"I was disappointed on opening day to find that Benjamin Franklin was not present, but on the morning of the second day I heard a commotion. Running to glimpse what might be happening, I saw coming down the middle of the street an amazing sight—an ornate glassed-in sedan chair like those used by European kings. It hung suspended from two massive poles that rested on the shoulders of four huge prisoners from the local jail. Inside, perched on pillows, rode an old, bald-headed man who looked like a jolly bullfrog. It was Dr. Franklin, most eminent of the delegates and the oldest at eighty-one. Gout, obesity and creaking joints made it impossible for him to walk; hence, the sedan chair. When the prisoners carried him into the hall, someone alerted him *(continued)*



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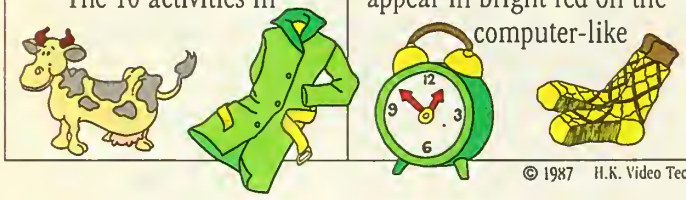
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LEGACY
continued

that I was present, and he beckoned me to approach. Tears came to his eyes as he embraced me, saying, 'Son of a brave man, be like him.' "

During the entire one-hundred-sixteen-day session, Simon Starr uttered not one word. He attended every session, followed the swing of the debate with close attention and at night discussed the nuances with delegates at the inn. But in the hall itself he kept quiet. He wrote this about himself: "Eight of us delegates said little or nothing. We kept silent, I think, because we knew we were in the presence of our betters."

Finally, on September 17, 1787, forty-one tired but happy delegates met for the last time to sign the paper that would launch the young nation on a bold new course. Only thirty-nine eventually signed, and a new government was finally installed on April 30, 1789, with the inauguration of George Washington as President.

I was home Sunday afternoon reading Simon Starr's notes when Zack barged in without knocking. Obviously agitated, he quickly told me why: "Norman, I've been with the big brains of our profession, and they all think the situation is so clear that it presents no alternative. You're not going to like this, but tomorrow morning you'll have to take the Fifth to keep from incriminating yourself."

I felt dizzy. Our family had always scorned the criminals, spies and shifty ones who pleaded the Fifth. For me to do so was unthinkable.

"There's no way I can take the Fifth," I declared.

At this moment, Nancy came in. As soon as she saw us, she said, "You two look like the hearse just passed."

Zack blurted out, "I've advised Norman that during the Senate hearing he must take the Fifth."

Nancy has strong opinions; I could see she was about to voice them. "This nation has watched a Navy admiral, an Air Force general and a Marine colonel take the Fifth. And the people are fed up. If one more military person stands there and takes the Fifth, it would sicken them. I do not want my husband to be the hero who finally makes them lose faith."

Zack had expected such a rejection, and he knew how to deal with it. "Nancy, stop the heroics. Your husband could go to prison if we don't handle this right. The Fifth Amendment was meant to protect everyone, innocent and guilty, from the torture some governments use to extract testimony."

"Zack, you've known us a long time without really knowing us," Nancy said. "You don't understand Norman and me. He will not evade responsibility, ever. And if facing up to the truth gets him in trouble, I can always return to the job I had when we got married. So if you think my husband, to save his own neck, would . . ."

It was a brave speech, but it didn't impress Zack. "A man from one of the top law firms informed me that the Senate panel had someone willing to blab about an affair in a place called Tres Toros."

I remained perfectly calm, but both Zack and Nancy saw that my knuckles had whitened. Zack seemed to have expected this, but Nancy was terrified. She didn't ask what Tres Toros signified. In a low voice she queried, "What are we to do, Zack?"

"We all stay calm. Your husband takes the Fifth—for one very good reason." And then he said, his voice rising sharply, "To save his neck."

On Monday, Nancy rose early, laid out my uniform (which Zack had ordered me to wear) and attached the neat rows of colorful ribbons that attested to my years in the service.

/hile I was shaving, Nancy sprang urprise I didn't appreciate. She ed into the bathroom, "I asked Dad top by for breakfast." I was about roan, but I restrained myself.

'ancy's father, Professor Makin-ky (Nancy had shortened her ıe), taught history at a local uni-ity, where he was the most popular ructor on campus. When he ar-d, Nancy said, "I want Father to you a story, Norman. It's a story 's influenced me profoundly."

lakinowsky coughed deferentially began, "One of the most reassur-court decisions of my lifetime has acted little attention. But I stress case in my history courses. It in-ed a married couple from Utah. y weren't nice people, really—ran ouse of prostitution, using three r women whom they treated abom-ly. Then one Fourth of July, they denly decided to give the 'girls' a ation, all expenses paid. Drove n to Yellowstone Park, treated n to a great time and then drove n home.

Well, Utah authorities arrested the ple for violating the Mann Act, ch prohibits bringing women ss state lines for immoral pur-es. The culprits were caught red-ded and got a big fine and long on sentences."

What's the point?" I asked, my irri-on showing.

Well, then it went on to a higher rt, and some judge wrote a most ring decision. Said the facts in the e were irrefutable: The Mann Act been transgressed, a crime had n committed and the punishment not unreasonable. But, he added, ietimes the law hands down a judg-nt that offends the rule of common se. This was an example. Utah offi-s could have properly arrested this ple any time during the past dozen rs, but they waited until the pair doing the right thing . . . bringing ir girls back from a paid holiday. sense of propriety on which society st rely had been offended. Case re-sed. Couple set free."

Ay father-in-law's narration hit me a round of mortar fire. *The sense ropriety had been offended.* I looked my father-in-law, this grizzled ıter, survivor of two dreadful wars, ient teacher of young Americans, I suddenly understood what he s saying. I asked him, "You think t for the United States military to nd before the public and take the h Amendment offends the rule of mon sense?"

Norman, as a military officer, your is to protect the nation, not your-. You have every right to take the Fifth. Tens of millions of people around the world wish their governments gave them such a right. But, yes, it is offensive."

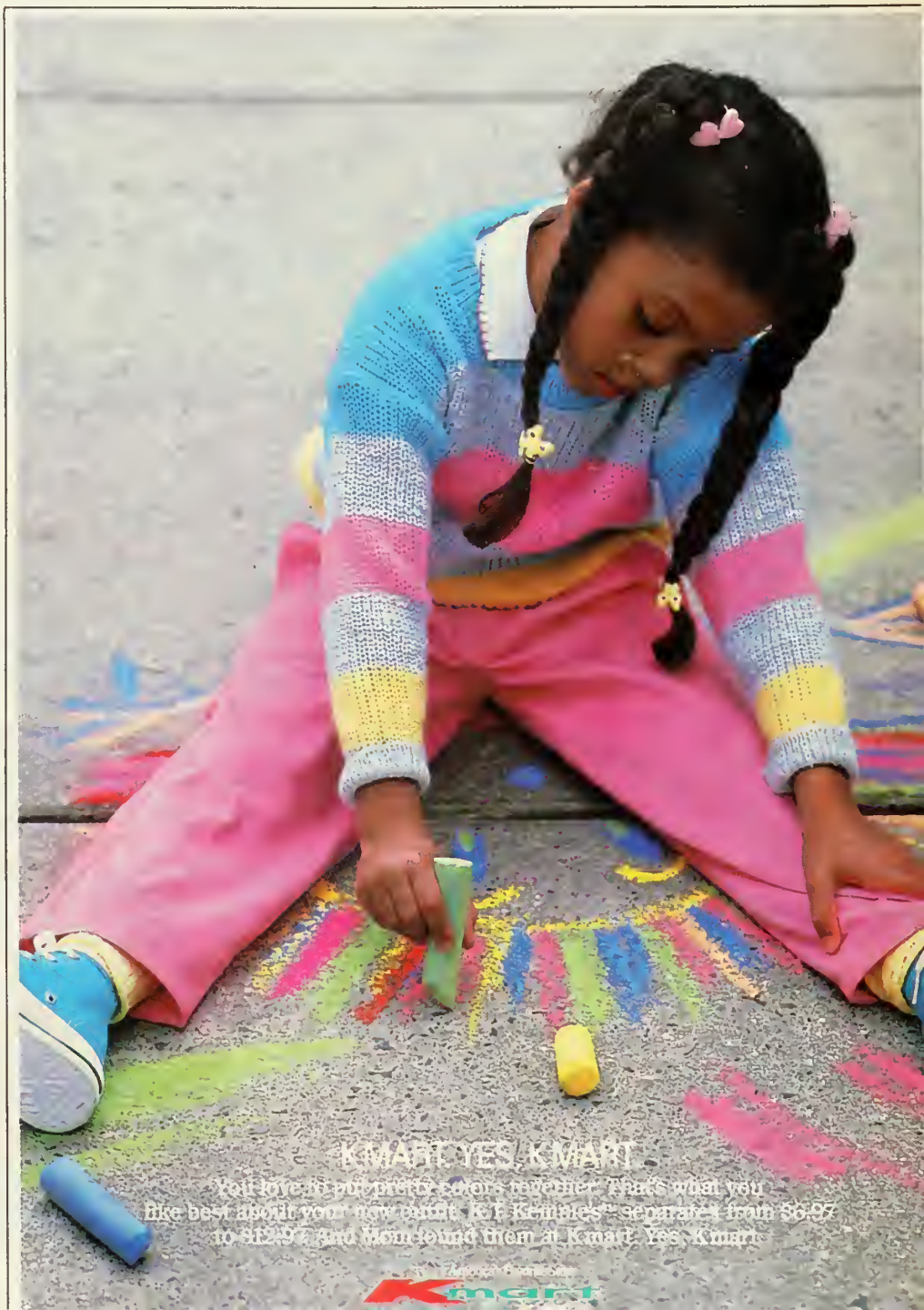
I dropped my head and mumbled, "Takes a refugee from Czechoslovakia to teach me my own law."

Makinowsky said reassuringly, "Norman, in the Watergate crisis it took an Italian judge, Sirica, a Polish lawyer, Jaworski, and a black congresswoman, Jordan, whose grandfather had probably been a slave, to sort things out. And maybe to save our union." His voice grew deep as he repeated, "Some things are offensive to the rule of propriety. And what you're about to do is one of them."

At this moment Zack McMaster came in, saw me in my uniform and said: "Good, I see you're ready."

I was indeed. I thought of the Constitution that Simon Starr had helped create, a treasured legacy whose provisions bind the various regions and interests of our nation. Philosophically as evanescent as a whispering wind, structurally more powerful than steel cables, that superb document will be effective only if each new generation believes in it—and keeps renewing it.

Slipping out of my military jacket and into an ordinary suit coat that more or less went with my trousers, I told a startled Zack, "I'm ready." And off we marched to the Senate. **End**





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SALLY FIELD
continued from page 74

chael Caine, which is expected out t month. This time, Sally wears y one hat—as an actress—but her sband is one of the producers. Sally ys Daisy, a woman who wins million from a slot machine in ke Tahoe. According to Field, her racter is "neurotic, selfish, insecure l really just like a forty-year-old lley Girl. I can't say I enjoyed being Daisy."

As another change of pace, Sally has number of more serious roles nned for the future. She's consider- making *Home Before Morning*, the ry of a nurse in Vietnam, and star- g as antinuclear activist Dr. Helen ldicott in another movie. (A lesser- own side to Sally is that she is an ivist herself and was awarded the ldicott Leadership Award from the men's Action for Nuclear Disarma- nt in 1985.)

As for further down the line, Sally 't limiting her options. "I have am- ions to do everything in the indus- ," she recently said and then added h a laugh, "I really am a feisty lit- snip." **End**

■ TO LOVE A DAUGHTER
continued from page 109

guilt, certain that the fault must be mine. Yet I had raised Kitty in the same way I had raised my other children, and they had turned out fine. Finally, I had realized that like an alcoholic, Kitty had an addictive personality—when it came to drugs, she simply had no control.

During the years of dealing with Kitty's destructive lifestyle, I had learned to control my emotions and not get too upset with her, knowing she might never call back. Besides, detaching myself from the things that happened to Kitty was the only way I could keep my sanity. So now I asked her almost casually, "What's going on?"

Kitty said quietly, "I have . . . a . . . baby girl. She was born around two this afternoon."

Stunned, I asked how the baby was.

"The doctor said she's strong," Kitty told me. "But she's three months premature. She weighs only two pounds fourteen ounces. I had a caesarean.

"Mom," Kitty said as she began to cry, "I hurt so bad. They won't give me anything for the pain."

Kitty admitted that she had used heroin only three hours before going into labor; she had not seen a doctor the whole time she was pregnant. A friend had brought her to the hospital emergency room, and she was handed over to a team of doctors who were convinced that they would deliver a dead baby.

It had been eleven hours since Kitty had had any heroin. One thing I knew about withdrawal was that the addict feels pain to a degree far exceeding normal nerve reaction.

"Mommy, when will this pain go away?" Kitty asked pleadingly.

I felt my eyes grow hot with tears. She hadn't called me Mommy in a long time. "I don't know," I told her.

"I tried to get off the drugs when I found out I was pregnant," Kitty told me. "I wanted this baby. I had been cutting down, but I was too ashamed to go to a doctor."

"Do you know who the father is?" I asked her.

"Joe," she said with certainty.

So the baby was biracial.

Joe and I had crossed paths quite a bit in the past few years. A black man, Joe was fifteen years older than my daughter. Although he was a licensed plumber, he seemed to *(continued)*



TO LOVE A DAUGHTER
continued

earn his money by dealing in drugs and prostitution. Kitty had told me she worked for him on the streets.

Their relationship was riddled with violence and lies, but nothing seemed to be able to separate Kitty and Joe. Kitty had once told me that he was as strong an addiction for her as drugs.

After Kitty and I hung up, my mind began racing in a thousand directions. Now, at age forty-eight, I had been divorced for almost ten years, so I was used to handling things on my own. Working as a cook for a wealthy family, I had supported myself and my children in order to keep us in the middle-class section of town where we had lived for years. But after hearing Kitty's shocking news, I didn't feel that I could cope with anything at all.

I paced back and forth in my small apartment. Three hundred miles away, my son was depending on me to visit—he had a problem he wanted to discuss. Yet Kitty lay in a hospital bed no more than twenty minutes from my door. How many times had I dropped everything to run to help her? How many jobs had been jeopardized when I took time off from work because of her drug problem? How many times had I turned my back on my other children because Kitty needed my attention more than they did?

Finally, I called the hospital's neonatal unit to check on my new granddaughter. A nurse said the baby was in an incubator and receiving oxygen. She was being nourished intravenously, and she was on a cardiac monitor. Her heart rate was good, but the nurse couldn't tell me how the drugs Kitty had taken would affect the infant.

"Will the baby live?" I asked directly.

"We don't know," the nurse replied.

I hung up the phone and started to pace again. There was no sense in calling Kitty's father. He had written her off years ago. But I did call each of my other children, except Danny, since I would see him that weekend. Their reactions were mixed. They realized that I had to tell them about Kitty's baby, but years of trying to deny their sister's existence made them detached. I couldn't blame them. At one time or another, Kitty had badly hurt every one of them. Once she had even stolen a checkbook from her sister Marian and helped herself to more than two hundred dollars. When an addict is desperate for a fix, she doesn't care who she lies to or steals from.

Before she started using drugs, K ty had been a sweet, loving child. S had brown hair and big brown ey and the entire family had doted on h During my divorce, when Kitty w eleven, she had been perfect, helpi me around the house, trying to ma things easier. But she was aware the anger between her father and m and although I didn't realize it, s was holding in a lot of emotional pai

When Kitty was thirteen and a ha a friend gave h pills to make h feel better. Sudde ly, it was as if s burst, and all h feelings and ang poured out. She r away from hom and I was frantic brought her bac hoping that s would settle dow and become the c Kitty again, b she kept takin drugs, smoking p skipping school a running away. begged her to sto When that failed tried to use disc pline to keep her home. I read ever thing about drugs could get my han on, hoping for son help or guidan with Kitty's pro lem. But nothin worked. Finally realized that could no longer co trol my daughter.

As she grew ol er, Kitty wa placed on prob tion, but she st ran away. Very la one night, after s had been gone fro home for almo three weeks, I g a call from Kitty probation office She asked me come to a juveni detention center.

I got out of b and drove to th center. In a cell-like room, tremblin on a narrow cot, was a girl of seve teen. She didn't seem to know that had sat down on the side of the bed, that I was gently stroking her greas tangled brown hair. I saw the tra marks, ugly streaks of red and blu riddling her arms. This girl was n daughter. I hardly recognized th

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ranger whom I was holding so close.

Now, after a sleepless night, I left ıy apartment the next morning to isit Kitty in the hospital. My daughr's hair was matted, her face pale. I at down beside her and gently hugged er. We held each other tightly for a ng, long time.

"How's the pain?" I asked her.

"They've put me on methadone. It ill hurts a little, but not bad."

Methadone is a drug used to help ddicts wean themselves from heroin. not only eliminates the craving, it ssens the reaction to pain.

"Please help my baby"

ater that morning, Kitty and I went the nursery to see the baby. She was ring in an incubator, her small body overed with monitoring lines; a minature IV ran into her tiny arm. She ad light skin and black hair. As the aby stretched her arms and legs, Kit-'s eyes sparkled with pride.

The nurse told Kitty she could touch er baby. Gently, Kitty began to caess her daughter's tiny head, arms nd feet. Suddenly the baby twitched nd began to tremble. One of her legs as almost convulsive.

Kitty stared, horrified, at her aughter. "Oh, my God!" she cried in nguish. "What have I done? Dear God, what have I done to my baby!"

I caught Kitty as her knees buckled, and the nurse and I helped her into a wheelchair. "I know exactly what she feels," Kitty sobbed. "Oh, Mom, can't they do something to help her?"

Like most babies born to addicted mothers, the infant was experiencing withdrawal from the heroin Kitty had taken while she was pregnant. Babies born addicted to heroin may also suffer brain damage and may even die.

My granddaughter's chances for survival were complicated by the fact that she was three months premature. And because she was so small, the doctors were unable to give her medication to ease the symptoms or the pain of withdrawal. Like an adult addict without a fix, Kitty's tiny baby had to go through withdrawal cold turkey.

Turning toward the nurses' station, where everyone had stopped working to watch, Kitty pleaded, "Please, please, somebody help my baby."

The room was silent. There was nothing the medical staff could do.

I looked at the baby again. She had finally stopped trembling, and the lines on the screen of the heart monitor again moved up and down reassuringly. Kitty and I watched her for a few minutes.

The baby opened her eyes. "Hi, little girl," I said. "Do you know your grandma is here?"

Her small head moved in response to the sound. And then she seemed to smile! Kitty grabbed my hand and squeezed it. We decided to name the infant Jennifer Ann.

That afternoon, I met with the hospital's social worker. She told me that unless Kitty stopped taking drugs and made some radical changes in her life, Jennifer Ann could be taken from her and placed in a foster home.

I went back to Kitty, and from the angry look on her face, I knew that the social worker had already told her this sobering news.

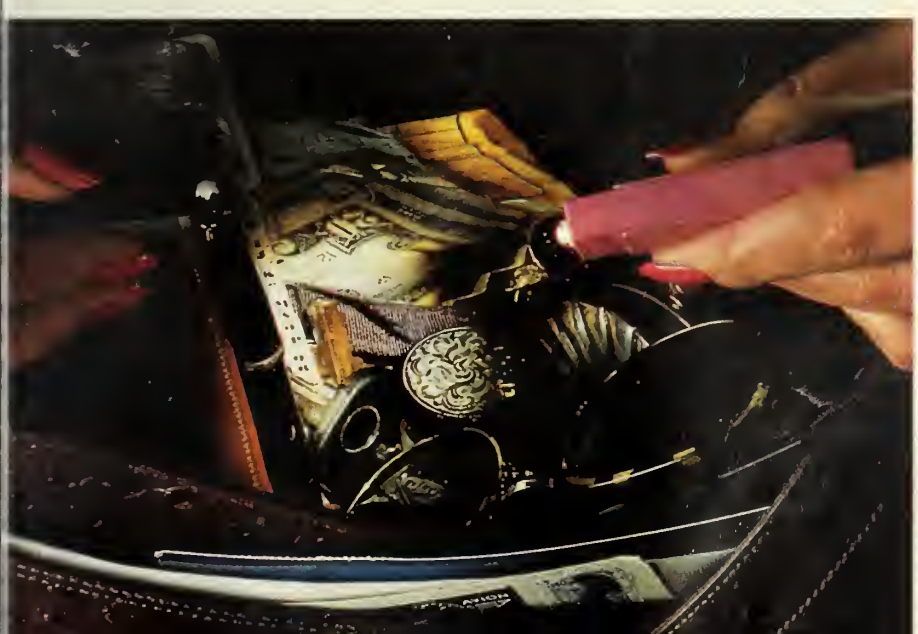
"That social worker should mind her own business!" Kitty snapped.

I began to explain why the social worker had to be involved. "Mom," Kitty interrupted me loudly, "I can handle only so much!"

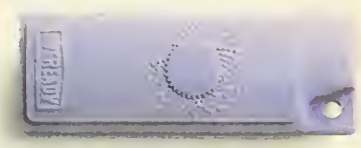
I sighed. "Okay," I told my daughter. "You concentrate on getting your strength back now. There's still time to work things out."

We were both quiet for a few minutes, and then Kitty started to talk. "I have to get my head straight," she said. "I don't know what to do about Joe. He doesn't think we have a problem. I can get off drugs. I know I can. But I need a place to go." *(continued)*

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TO LOVE A DAUGHTER
continued

At that moment Joe walked in. He kissed Kitty, then he turned to me.

"Did you see the baby?" he asked.

When I said that I had, he smiled broadly. "Aren't you going to congratulate me?" he asked.

Kitty and I exchanged glances.

"Joe, " I said, sighing, "congratulations aren't exactly. . ."

"The baby is fine!" he snapped.

"Do you have any idea of what's going on in social services?" I asked.

Joe's face hardened in anger. "Nobody can take that baby away," he hissed. "I'm an American citizen. I have rights!"

"And you're an idiot, too!" I shouted.

"Please, Mom, don't do this," Kitty pleaded. "I'll talk to him."

After I said good-bye to Kitty at the hospital, I began the five-hour drive to Michigan to see Danny. As I drove, I couldn't stop thinking about the problems drugs had caused for Kitty—and for our entire family—over the years. I remembered a particularly disturbing incident that had taken place between Kitty and my father six years ago. One night, while she and I were visiting him, my father discovered that the pain pills he took for his severe arthritis were gone. By Kitty's angry, defiant reaction we knew she had taken them—she was as high as a kite, a complete stranger.

My father and Kitty argued for almost an hour. He called her a junkie, a pill popper, a disgrace to the family.

The angry words that night were the last ever spoken between my father and my daughter.

After I arrived in Michigan, I told Danny about Kitty's baby. We sat together for a long time, holding hands and talking about Kitty. "She's not going to change, Mom," Danny said with conviction. "You still think of her as a little girl. You don't see the real picture. Please don't get your hopes up," he pleaded. "You're just going to get hurt again."

"You may be right," I said. "But I see a small light of hope in that baby. I'll do whatever I have to."

Hope and despair

I arrived back in Pittsburgh late Sunday night. On Monday, when I went to the hospital, I learned that Jennifer Ann had made it through the withdrawal and that all traces of the drugs were gone.

I watched as Kitty sat with her baby, lovingly stroking Jennifer's tiny feet. Dear God, I prayed, let this be the miracle I have been waiting for.

Later, I met with the social worker again. She explained that one of the pediatricians had ordered her to call the child-welfare agency and tell them of Jennifer's situation. The caseworker there had agreed with the doctor: When Jennifer was strong enough to leave the hospital, she should be placed in a foster home.

"Surely they're going to give my daughter a chance to redeem herself," I protested. "Kitty loves her baby!"

"Love has nothing to do with it," said the social worker. "Jennifer has the right to a decent home and a mother who won't sell food stamps for drugs or forget to feed her baby because she's too high to think straight.

"A hearing will be held as soon as Jennifer is out of the hospital," the social worker continued. "Tell Kitty that if she wants to keep her baby, she has to get herself into a rehabilitation program and find a decent place to live. She has to convince the judge that she's doing everything possible to become a fit mother."

I hurried into Kitty's room. "We've got some really serious problems to discuss," I told her.

"You've been talking to that damn social worker," she said accusingly.

"Yes," I admitted.

Kitty slumped back onto the pillows and lowered her head. "Honey, please listen to me," I begged. "They can't take the baby away if you fight back

She looked up at me. "What do have to do?"

I explained what the social worke had told me. Then I said that I woul try to convince Debbie, my daughte who lived nearby, and her husban Jim, to allow Kitty to stay in the house. By the time I had finished tall ing, Kitty seemed willing to give m plan a try.

That afternoon, I talked to Debbi and Jim, explaining that if I had larger apartment I would take Kitty i myself. After a long discussion, the agreed to let Kitty move in.

The following morning Kitty wa discharged from the hospital. All day was so anxious to see her that I coul barely concentrate on my job. It didn seem possible that my daughter wa coming home. But when I went to Deb bie's house after work, there she wa sitting at the kitchen table. She looke like a teenager: Her hair was pulle back, and her face was free of makeup

For the next few days, I couldn keep track of what Kitty was doing. did know, however, that she hadn contacted the rehabilitation center. F nally, I became so distraught that took a day off from work to visit her. was alarmed when I saw her. Kitty face was ashen, and she had huge dar circles under her eyes. I asked whe she had last taken her methadone. Sh told me that she hadn't been taking it

"Why?" I demanded.

"I ran out," she said.

"Kitty, that's why you're supposed t get yourself to a rehab program," said. "They'll give you more pills s you can get through this."

"Then I'll be a methadone addict, she said, sipping coffee.

Suddenly her arm jerked violentl and she dropped the cup. Coffe splashed everywhere. She grabbed he arm and cried out in pain.

"Kitty, we're going to the hospital," told her.

"No, Mom, look in the cupboard, she cried. "There's one more pill."

I handed her the methadone table and guided a glass of water to her lips Then I helped her to the couch.

I ran to the phone and called th rehabilitation center. I was told that i Kitty refused to enroll in the metha done program she would have to go t a detoxification center for six weeks But I knew that the hearing on wheth er Kitty could keep Jennifer woul take place before then.

I hung up the phone and turned t Kitty. "You have to go on the metha done program *now*," I told her, "or yo won't be taking your baby home!"

"You don't understand!" Kitt yelled. "Methadone is dope. You ge

oked on it. Methadone addiction is rse than heroin addiction. Please, om, believe me," she begged. "I know iat I'm talking about. I want to be e of drugs altogether.

"Let me stay home a few more days til I'm straight," she pleaded. "Then I go to the program and do everything they tell me to. I'll call them norrow. Please, Mom. I promise!"

Kitty's jaw began to quiver and her es filled with tears. She reached out my hand. I grabbed her and held r tightly as she began to sob. If a other could take a child back into r womb and start all over again, I uld have done it then.

'Okay, honey," I said. "We'll do it ur way."

The next evening I went to Debbie d Jim's after work. The look on Deb-e's face told me something was eadfully wrong.

'She's gone," Debbie said. She exained that Joe had called the night fore and that Kitty had become exemely upset after she talked to him. e had said something about Joe getng another girl to work the street for n. Kitty had begged Debbie not to ll me, and then she went out to find e. She had been gone almost twenty-ir hours.

I dropped into a kitchen chair. I felt nothing. Numb. Familiar numbness. A few minutes later I drove home and sat listlessly in my living room.

In my bones, I knew Kitty wasn't coming back. If the baby she loved with all her heart was not enough to pull her away from drugs and her destructive life, then nothing ever would.

I sat silently in my apartment, thinking about how drugs had devastated my daughter's life. Even though she had wanted to give them up, she couldn't. Drugs allowed her to detach herself from reality and any difficult situation. I had held out hope for her so many times, only to see her slide back. Once again, I found myself wondering about the drug dealers who had destroyed my child.

Junk, I thought. H. Horse. Stuff. Skag. Smack. Call it anything you want and sell it to a half million ignorant, unsuspecting human beings. Sell it to troubled teenagers. Sell it to children. Sell it to Kitty. Junkies will lie, steal and mutilate other people's bodies and sell their own so that you can count the billions of dollars that let you ride in your private jets, live in your luxury condominiums, smoke your twenty-dollar cigars.

I picked up the pillow from my living-room couch and buried my face in it to muffle the sounds of my anguish. There were no tears; I couldn't cry. But the guttural moaning from somewhere deep inside me would not stop.

A last encounter

Kitty had been gone a week when the child-welfare caseworker called me. "Is it true Kitty is still living at home?" she asked. "She called me yesterday and told me she really wants to straighten out her life. I've never heard a more convincing plea."

I didn't want to tell the caseworker the truth. But as much as I loved my daughter, I wouldn't help her get custody of her child as long as she was still on drugs and still on the street. And although for a moment I thought I could take Jennifer myself, I knew it wouldn't be right—the baby deserved a real family to love her. "No," I finally said, "I haven't seen her in a week."

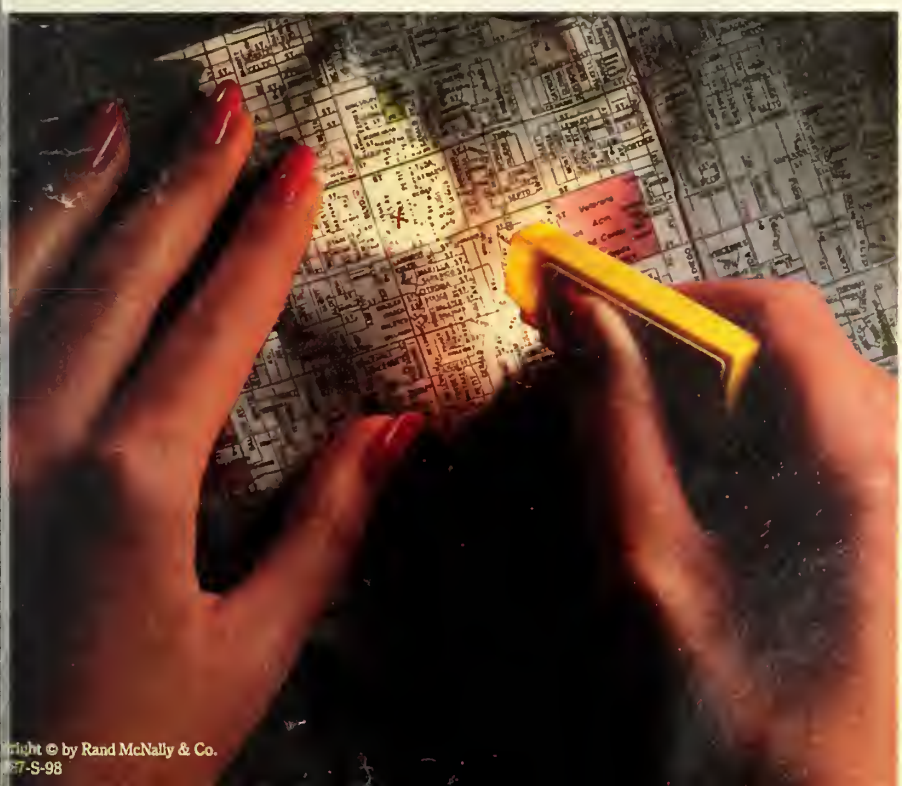
"That's what I was afraid of," said the caseworker. "Then I can't reverse my stand."

Kitty called a few days later from a pay phone on the street. She demanded hysterically to know what I had said to the caseworker.

"I told her the truth," I said. "I had to. She would find out anyway."

There was a loud scuffle on Kitty's end of the line. Suddenly I was talking to a police officer. *(continued)*

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TO LOVE A DAUGHTER
continued

"Lady," he said, "I don't know if you are this girl's mother or not, but I'm going to arrest her for soliciting. She's been working this corner all week."

"Please don't," I begged. "I'm trying to get her off the street."

"I hope you're telling the truth," the officer said. "This girl is a real mess."

Kitty came back on the phone, ignoring the scene that had just taken place. "Why did you talk to the caseworker?" she asked me angrily. "Now she won't give me my baby."

"How are you going to take care of a baby living the way you are?" I asked.

"I'll find a way."

"No, you won't," I said. "You can't. Please come home. There's still time."

"Joe is here," Kitty said. "I have to go now."

Suddenly I was listening to a dial tone.

When I went to the hospital two weeks later to visit Jennifer, I discovered Kitty sitting in the neonatal nursery, getting ready to feed her baby. I walked toward her, smiling reassuringly, and we hugged each other. Suddenly we were mother and daughter again, if only for this one precious moment.

After Jennifer had finished eating and had fallen asleep, Kitty and I rose to leave.

Kitty looked at her watch. "I'm supposed to meet Joe downtown."

"Would you like a ride?"

"You don't have to," she said. "I can take the bus."

"I'll drive you," I told her.

In the car we were quiet. Finally, just as I was becoming unsure of which way to go, Kitty told me to stop. The nearby buildings had boarded-up windows and crumbling stoops that spilled onto the dimly lit sidewalks. I pulled over.

Kitty and I sat for a moment looking at each other. Then she opened the door and got out.

"Call me," I said.

"I will," she replied. Then she walked away.

That night was the last time I saw my daughter.

On Thursday, October 17, 1985, Jennifer Ann was placed in a foster home. Now, at the age of two, she is healthy, happy and well cared for. Although I haven't seen Kitty, I have heard from the police that she is wanted on charges of robbery and prostitution. Her once beautiful face has been scarred by lye thrown at her during a street fight. Sometimes I think my daughter would be better off in jail. I don't know how she has survived. I fear that Kitty will die soon, from AIDS or from a drug overdose. It is something I think about every day. **End**

BAD HEALTH HABITS
continued from page 38

resulting in a puffy face and swolle red eyes the next morning.

Habit-breaker Although turning your stomach while you sleep can't helped, don't start out the night th way. The healthiest way to sleep is your right side (lying on your left si puts pressure on your heart).

Sleeping with makeup or

Side effects Irritates skin and aggr vates acne, or causes eye infection a allergic reactions. Eye makeup c clog glands that lubricate the ey causing sties and cysts.

Habit-breaker Remove makeup a wash your face before bed. If you us ally don't because you're too tired, s aside time earlier in the evening.

Slouching

Side effects Misaligns the vertebra strains muscles and ligaments, resul ing in neck and back pain. Reduc breathing volume and puts shoulde and the rest of the body out of lin straining nerve endings, hindering c culation and causing headaches.

Habit-breaker Practice good postur Stand with your head high, shoulde straight, chest slightly raised and pe vis tucked. Imagine a rope running through your body, pulling your hea and shoulders into alignment.

Squeezing pimples

Side effects Traumatizes skin a can introduce bacteria that cause l calized infection and scarring. C also cause or enlarge cysts.

Habit-breaker Apply topical ac medicine. If necessary, wear a Ban Aid on your index finger or thumb remind yourself not to pick at ski For chronic acne, see a dermatologis

Squinting

Side effects Headaches, eye stra and fine lines around eyes.

Habit-breaker See your eye doctor you're squinting to make your visi clearer. If nearsightedness or farsigh edness isn't the problem, put a piece tape between your brows. When y squint, the tension of the tape will mind you to stop.

Talking with mouth full

Side effects Heartburn and gas, d to swallowed air. Also, impartial chewed food particles can becor lodged in airways and cause choking

Habit-breaker Make eating a lo stress situation where you can talk b tween bites. Take smaller mouthfu so you can chew and swallow witho having to wait as long to speak. E

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By Marjorie Stone

As customer service director for Simply Whispers (America's leading brand of hypoallergenic earrings), I'm pleased to share some of the thousands of letters we've received in response to our recent "Free Sample Earring" offer.

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Kerry Kohlbeck

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Joyce Stoddard

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Jessica Harrison

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—*Anne Underwood, Richmond, VA*

One evening, my four-year-old granddoughter, Amber, osked if God wos osleep yet. My son exploined thot God never sleeps, so he con wotch over us. Amber responded, "I bet God is going to be real cranky in the morning."
—*Peggy Epperson, Moore, OK*

A nine-yeor-old neighbor wos ploying with my eighteen-month-old in the next room. After o while, the visitor stuck his head oround the corner. "Con your boby chew gum?" he osked. "Definitely not," I told him. His heod disoppeored. "Spit it out," I heord him soy. —*Susan Katz, Phoenixville, PA*

FOR BETTER OR FOR WORSE **By Lynn Johnston**



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GROWING PAINS

"I wish you were all grown up,"
I crooned as I walked the floor.
Between colic, teething and colds,
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—Ann Cobb

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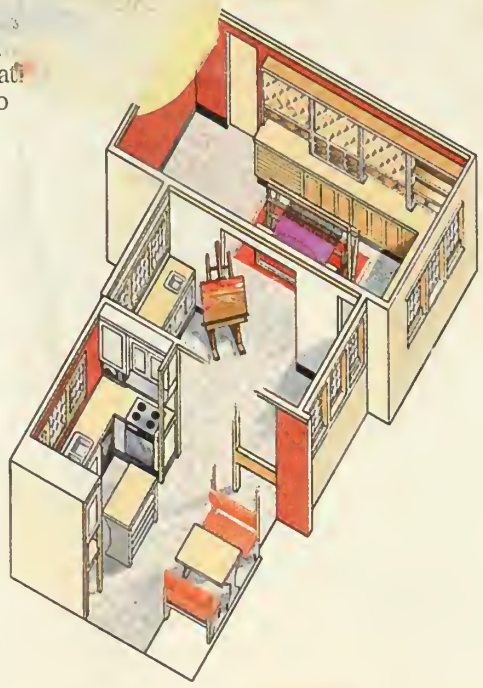
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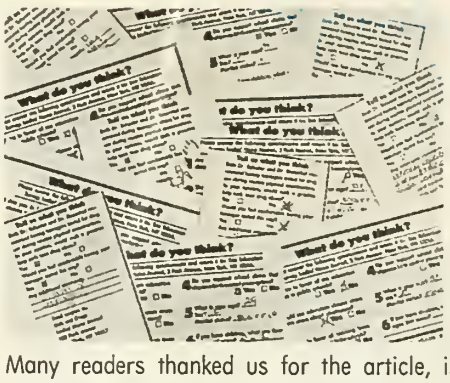
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EDITOR'S JOURNAL

By Myrna Blyth

Report from readers



You've surely noticed that we often ask our readers for their opinions on the many important topics that we cover in our pages. For example, last fall we ran a piece on teenage sex and the alarming problem of teenage pregnancy. Many readers thanked us for the article, including several teenage mothers who wrote poignantly of the difficulties they now encounter. In the piece we asked readers to tell us their feelings about sex education in schools. Overwhelmingly they endorsed such classes. They felt that these courses should give teenagers information about contraception but that sex-education classes must stress moral views about abstinence as well.

Last spring, as part of a feature on teenagers and drug use, we asked if youngsters should be tested routinely for drugs as part of their physical exams. Though some readers complained that such a program smacked of "Big Brotherism," most said this tough-minded approach was a good idea and did not disturb them. As one reader wrote, "It's not an easy thing to do, but if you love your child, you'll do it." We hope our provocative questions make for enlightening discussions in your home.

■ ***What's both provocative—and delightful—in this issue?*** The fresh, feisty opinions of Katharine Hepburn, still fantastic after all these years. And don't you just love the pictures of her on our cover and on pages 124–125, looking as wonderful as ever? Also in this issue you'll find an *LHJ* house tour of some charming country homes in Connecticut, a terrific fashion and beauty makeover system that will help you look better than ever this fall, quick and nutritious recipes, a women's health report from America's top gynecologists and obstetricians, an inspiring photo essay on five women who went from rags to riches, and a report on stamina—which I needed to read before editing this exciting issue!



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Restaurant-quality meals in fifteen minutes flat

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Cover photos: Hepburn, Len Tavares; Carson, NBC; MacLaine, Matthew Rolston/Outline



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Lattice-Top Chicken
***(Ready To Bake In Just 10 Easy Minutes)**

- 1 can (10¾ oz.) condensed cream of potato soup
- 1 cup milk
- ½ teaspoon Durkee Seasoned Salt
- 2 cups (10 oz.) cubed cooked chicken
- 1 bag (16 oz.) frozen broccoli, carrots, and cauliflower vegetable combination, thawed and drained
- 1 cup (4 oz.) shredded Cheddar cheese
- 1 can (2.8 oz.) Durkee French Fried Onions
- 1 package (4 oz.) refrigerator crescent rolls

Combine soup, milk, seasoned salt, chicken, vegetables, *1/2 cup* cheese and *1/2 can* French Fried Onions; place in 8 x 12-inch baking dish. Bake, covered, at 375° for 20 minutes. Unwrap crescent rolls; separate into two rectangles. Press together perforated cuts; cut each rectangle lengthwise into 3 strips. Place strips on casserole to form lattice top. Bake, uncovered, 15 minutes longer. Top lattice with remaining cheese and onions; bake, uncovered, 3 to 5 minutes or until onions are golden brown.

Preparation time: 10 minutes — MAKES 4 to 6 servings.

MICROWAVE DIRECTIONS: Prepare as above, except use *3/4 cup* milk. Cook, covered, on HIGH 5 minutes; stir. Place crescent dough strips side by side lengthwise down casserole; *do not overlap*. Cook, loosely covered, 5 minutes; turn half-way through cooking time. Cook, uncovered, 5 minutes. Top lattice with remaining cheese and onions. Cook, uncovered, on HIGH 1 minute. Let stand 5 minutes before serving.

CAN THIS MARRIAGE BE SAVED?

My husband is always angry

By Sondra Forsyth Enos



This case is based on information from the files of the Family Service League in Huntington, New York. The story reported here is true, though names and other details have been changed to conceal identities. The counselor in this case is Ilse Ross, A.C.S.W.

Linda's turn

"BOB ASKED ME TO COME HERE BEcause he thinks I'm the sick one," said Linda, thirty-seven, a petite, soft-spoken brunet, smartly dressed in expensive tailored pants and a designer sweater. "He says I'm a shopaholic. Well, I admit I sometimes spend more than I should, but I'm certainly not a compulsive shopper. What does Bob expect from me? I need a little happiness, a little release in my life.

"Besides, Bob only makes matters worse. No, he doesn't abuse me physically, though sometimes the way he degrades me—screaming awful things in public—is just as bad. He seems to get a kick out of belittling me in front of others. Last Sunday, when his brother and his wife came to visit, was the last straw. Scarcely a minute went by without Bob making some sort of sarcastic, vulgar remark about how I have no idea about the importance of money. I was utterly humiliated. Just a couple of drinks turns Bob into a maniac; I never know when he's going to turn on me.

Linda knew her shopping binges were wrong, but Bob's accusations only fed her compulsion. Could they ever break out of this vicious circle?

"Maybe my mother was right. She predicted from the start that Bob and I would have trouble because we came from such different backgrounds. I'm an only child. My father is a dentist, and I grew up in an affluent suburb. My parents made sure I had every possible advantage—piano lessons, nice clothes, trips to the city to see plays and concerts.

"Bob's background is totally different. He's the oldest of six boys, and his father died when he was eighteen. I have to hand it to my mother-in-law, though. She found work here and there and kept her family together. Her life was tough; there was never very much money. But even today I see a real closeness among Bob and his brothers.

"I met Bob at a singles party at a fancy hotel in the city. We hit it off right away. He was so handsome and charming back then; he made me feel beautiful and special. Bob certainly never treated me as horribly then as he does now. We both liked to live well, to go out for dinner and dancing or to see a show. And with my job as an executive secretary in a jewelry-design house and his as a builder, we could afford to splurge.

"Ours was a whirlwind courtship—we dated for less than a year. My parents reluctantly agreed to our getting married. We had a small wedding and a reception at a lovely restaurant in town. Through it all, Mother kept calling me a fool.

"I wish I could ask her advice now, but Mom died suddenly of a heart attack about a year ago. That's part of my problem. When Mom died, my son, David, was only a few months old. She was to have visited us one afternoon. Well, I waited and waited. I thought she was at the hairdresser, but by midafternoon, *(continued on page 16)*

Ardith Truhan

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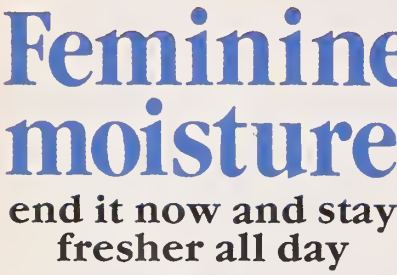
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CAN THIS MARRIAGE
continued from page 12

when she still hadn't arrived and wasn't answering her phone, I called my father at his office. He raced home and found her. . . .

"Ironically, this happened when I was truly happy for the first time in a long time. After twelve years of marriage and two miscarriages I had at last given birth to a perfectly healthy child. Bob and I had saved enough money to buy a house; I had decided to quit work to be a full-time mother.

"David was such a terrific baby—for a time he changed things for Bob and me. Almost as soon as we had married, Bob started picking on me, mostly about money. It seems like 'Bank your check for the house, bank your check for the house' was all I ever heard. Sometimes I'd get so frustrated after having worked hard and not having a penny to spend that I'd just snap and charge a few nice things. Once we got a little into debt because of that. Of course, Bob never lets me forget it.

"After the baby was born, though, Bob calmed down and focused on his son. He really is a great daddy, and that softened my mother. But after she died, I was torn up with grief. My father's sudden decision to retire didn't help. He closed his practice and moved in with us because he couldn't stand being in a house with so many memories. Dad said he didn't want to rent his house, that he'd go back any day. But the weeks turned into months, and he's still with us. I go over once a week to clean, and Bob mows the lawn.

"By this time, Bob had started his own contracting business, which is seasonal, and it wasn't doing well at all. So the men would sit at the dinner table talking about money troubles, or my father would go on and on about losing Mother. No one realized that perhaps I was hurting, too—that maybe I needed a little stroking. Whenever I dared to cry, Bob would say, 'Snap out of it,' give me a withering look and leave the room. I was starting to resent him terribly, and our sex life was all but nonexistent.

"One day after Bob had left for work, I realized I was out of diapers and milk, so I bundled up the baby and headed for the supermarket. On the way, I had to pass an elegant shopping arcade. Before I knew what I was doing, I had parked the car, and the rest is history. I forget how much I spent, but I hit my credit limit. In the back of my mind I knew it was crazy—but I also knew I needed some happiness to hold myself together.

"Anyway, when I got home that afternoon, I hung up all my new clothes without even cutting off the tags. The Bob came home and announced tha he'd made reservations for us at a ne restaurant in town. I was thrilled— was just like the old days. I rushed t call a sitter—Dad could never handl the baby alone—and got dressed. I wa so excited because we hadn't been ou together in ages, but the evenin turned into a nightmare.

"Bob ordered one martini, then ar other. He told me that his brothe would be visiting for a few days. made the most innocent remark- something like 'Well, I could cook th first few nights, then we could order i Chinese food or eat out,' but Bob wer completely berserk. He shouted ob scenities at me so loudly that the ma tre d' had to ask him to lower his voic I was mortified, of course, and coul barely eat the food in front of me.

"Somehow we made it through th meal in silence. But when we got hom and Bob saw the dresses hanging i the closet, he went nuts again. Wh didn't I hide the clothes? I don't know I felt awful, but I just didn't kno what to say.

"One thing I'm sure of, though: Bo is no saint. Maybe if I could get awa from him and his drunken tirades, wouldn't need to cheer myself up wit new clothes. I don't want my marriag to end, but I don't know how to make better either."

Bob's turn

"Okay, you've heard Linda's sob stor about how I'm a heartless husban who yells at his poor little wife ever time she buys a few clothes," said Bob who looks much younger than his fort years. "Well, I won't pretend I don blow up now and then, but I can tak only so much.

"Linda casually mentioned that sh once charged more than our credit lim it—but she didn't bother to say tha her purchases put us eleven thousan dollars in debt! Eleven thousand do lars! I had to go crawling to her ol man and ask for help. How do yo think that made me feel? It was a much as admitting I couldn't keep hi little girl in the style to which she wa accustomed. Well, that's not the way is, believe me.

"The way Linda spends money i like a disease. She never keeps re ceipts, charges here and there, neve records her checks. Before she realize it, she's blown a fortune. And every thing I say to her falls on deaf ears.

"I make a decent living, and Lind did help out all those years we wer saving for a house. But then she had couple of miscarriages, which wer hard on her, though she (continued

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IRON

Here's to the men we can lean on.
To the men we believe in.
To the men who are building our world.
Men of Iron.





Iron cologne. Never stronger than the man who wears it.

CAN THIS MARRIAGE
continued

showed gumption. She reminded me of my mother; I was proud of her. The sprees started after the miscarriages.

"The funny thing is, I love to see Linda all dressed up. Her sense of style is part of what attracted me to her in the first place. She was the prettiest, classiest woman I had ever seen. I could tell she came from the right side of the tracks, not that I lived in the slums or anything. But after my dad died, it wasn't easy. I sort of became the man around the house, and I always worked to help my mother.

"Still, I managed to earn my associate's degree at a community college before striking out on my own. I like to live the good life, and it felt great to have a nice, fat paycheck, to buy some clothes and to be able to take women out. When I met Linda I knew she was the one for me. Her parents wouldn't hear of it: They thought I wasn't good enough. It wasn't until David was born that my mother-in-law started warming up to me. She doted on the kid and bought him all these silly outfits. Finally she and I had something in common. We could talk about David.

"It was quite a shock to all of us when she died, but Linda still can't get over it. After a while, I just couldn't take her constant depression. To make matters worse, my father-in-law moved in. When he's not quizzing me on my finances, he's moaning about missing his wife.

"I really can't believe these people. My mother was tough through the worst circumstances, so I find it hard to sympathize with Linda. What kind of a spoiled brat is she, anyway? I'm sorry her mother died, but she's a mother herself now, and she should get on with her life.

"So what's her solution? She shops for clothes she doesn't need. I know I shouldn't complain about her spending habits in front of other people, but once in a while, if I've had a drink or two, my anger just spills out. Linda had the nerve to suggest I have a drinking problem. That's ridiculous. I don't even drink every day. Anyway, if she didn't provoke me with her sick shopping sprees, I wouldn't lose my temper, booze or no booze.

"Sometimes I've thought about leaving Linda, but it goes against my upbringing. Besides, what would it solve? I have to think about my son. I can just picture sending a child-support check, knowing Linda would blow it in one afternoon. I don't know if we can resolve our problems, but I want to try."

The counselor's turn

"Bob and Linda's marriage was a clas
sic example of each partner having a
serious personal problem but refusing
to acknowledge it completely, preferring instead to blame the spouse," said
the counselor.

"Linda rejected the label of compulsive shopper, telling herself she deserved nice things to make up for her
difficult life. Similarly, Bob insisted he
didn't have an alcohol problem. Like
many people, he believed only those
who 'need' a drink every day can get
into trouble with liquor.

"As a result of this double deception
both partners were extremely angry
when they first came to my office.
Traumatized by her husband's verbal
attacks, Linda felt that she was unjustly portrayed as someone with an
emotional illness. Bob saw himself as a
martyr who not only had to scramble
to raise the money to cover his wife's
tracks but then got bawled out for relaxing with a few drinks.

"Before any progress could be made
they both had to face their own shortcomings as well as recognize how they
contributed to each other's problems.

"It took several sessions before Bob
admitted he didn't handle liquor well.
Many people mistakenly believe that

Busy, Busy, Busy,



Fruit Market

Workbench

equent and excessive alcohol consumption are the only symptoms of alcoholism. However, people like Bob, who undergo disturbing personality changes after only a few drinks, also have a problem with alcohol.

"While it was true that Bob drank only once in a while, when he did, he lost control. At these times, Linda couldn't talk to him, and she never knew when he would launch another serious attack.

"To help Bob better understand his problem, I referred him to several publications on alcoholism. Impressed by this information, he promised to work hard at controlling his drinking. Over the next few months, even Linda agreed that he had gotten a grip on his problem and was drinking less.

"It was also crucial for Bob to understand how unreasonable he was to expect Linda to be a carbon copy of his mother. People react differently to stress, I told him, and Linda needed someone to turn to, someone to listen to her expressions of sadness or anxiety. Furthermore, she shouldn't have been made to feel guilty about it.

"Meanwhile, Linda had to admit to her own 'addiction' as well as develop her resources and inner strengths. Grieving for her mother and saddled with the needs of her baby and her father, she felt overwhelmed. Bob's outbursts made her even more miserable. She relied on shopping as a surefire way of easing her stress.

"However, Linda also had to understand that it was inexcusable to spend beyond her means. The obvious Band-Aid treatment for her compulsive shopping was to cancel all her credit cards. At first, Bob kept his. But when Linda began pleading with him for permission to buy this or that, he tore up his cards. Now they operate on a cash-only basis. All money is deposited into a joint account; both partners reconcile the checkbook at the end of the month so they have accurate records.

"Though Linda was initially upset about this arrangement, she was relieved after a while to have such a simple system for controlling her shopping impulses. She now manages the household budget very well. Linda occasionally puts something on layaway, but she no longer runs up huge bills. Once their finances stabilized and Bob's drinking was under control, general tensions in the household eased.

"Linda, however, still had to find some way to boost her confidence. The answer was a part-time job as an assistant buyer in a local boutique. During counseling, Bob revealed that he resented that Linda had stopped working when the baby was born, especially because she continued to overspend his hard-earned money. Linda, too, admitted—reluctantly at first—that she was lonely and missed the general camaraderie of an office.

"Their solution was to find a neighborhood play group in which David, not yet two, could spend three mornings a week while Linda worked. Not surprisingly, she's delighted with her job and has developed a deeper sense of personal satisfaction. At my urging, she also encouraged her father to move back to his own house, where a part-time companion helps with the cleaning and cooking. He visits on weekends, so the day-to-day strain of having him around is gone.

"Linda and Bob were in counseling for about a year. In the last few months, they were able to recapture the attraction that brought them together in the first place. Each week, they set aside some money for dinner and dancing as they used to. Their renewed closeness fills a void for Linda, and she no longer feels the need to substitute clothes for love.

"I could tell by the way they exchanged glances and squeezed hands at our last session that their marriage, which had had so many strikes against it, had indeed been saved." **End**

Busy, Busy, Busy.



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Seafood Pasta Salad

2 cups tri-color spiral pasta, cooked
1 cup cooked shrimp or
1 can (6½ ozs.) tuna, drained and flaked
⅓ cup green bell pepper, diced
¼ cup carrots, sliced
½ cup zucchini, sliced
⅓ cup Lea & Perrins White Wine Worcestershire
⅓ cup mayonnaise
Salt and pepper to taste

In a mixing bowl, combine pasta, shrimp or tuna, bell pepper, carrots and zucchini. Add Lea & Perrins White Wine Worcestershire, mayonnaise, salt and pepper and toss lightly to combine. Refrigerate at least 30 minutes before serving. Serves 4

For a free recipe book, write to Lea & Perrins, P.O. Box 1579, Ridgely, MD 21681

The toughest choice

By Mary Delach Leonard

My career left little time for my young daughters, my husband—or myself. But could I quit the job I'd worked so hard for?

I ate again. At six o'clock I ran to the car, still buttoning my coat. No matter when I arrived at the office in the morning, it seemed that I couldn't get out on time at night.

The trip home matched the day I'd had. The night was cold, and sleet and rain fell steadily. Traffic was at a standstill, but my mind was racing: Melinda needs a haircut. Maren is going to be crabby because I'm late. What are we going to eat for dinner? I had a headache.

The sixteen-mile drive to my mother's house took forty-five minutes. Finally, I got there and picked up my daughters. My husband, Mark, had an evening meeting. I was on my own.

My headache grew worse as I stuffed my two toddlers into snowsuits and hauled them and their gear to the car.

"I'm hungry. Can we go someplace?" three-year-old Maren asked for the fourth time. I knew that by "someplace" she meant a fast-food restaurant. I let her choose the place. It seemed only fair because I'd been late again.

We arrived home at 7:18, after picking up fried chicken. "Mama, I'm hungry. Can we eat it now?" Maren asked, climbing onto her chair with her coat still on. The rush home at night was always followed by the race to put food on the table.

While the girls crammed their mouths with food, I ate my heart out. I'm an organized person, I thought. I plan ahead. Mark pitches in. Everything should work better than this.

"No baths tonight. Mommy is too tired," I told the girls as I wiped their mouths and cleared the table. "We'll read until Daddy gets home."

When Mark arrived an hour later, I excused myself and went to the bathroom and threw up—for the third straight night that week.

That night I decided to quit my job.

I had thought about quitting before, but usually the situation improved. Now I could see no chance of that. As my job became more stressful, my energy was zapped at the office, and my family wasn't getting a fair share of my time.

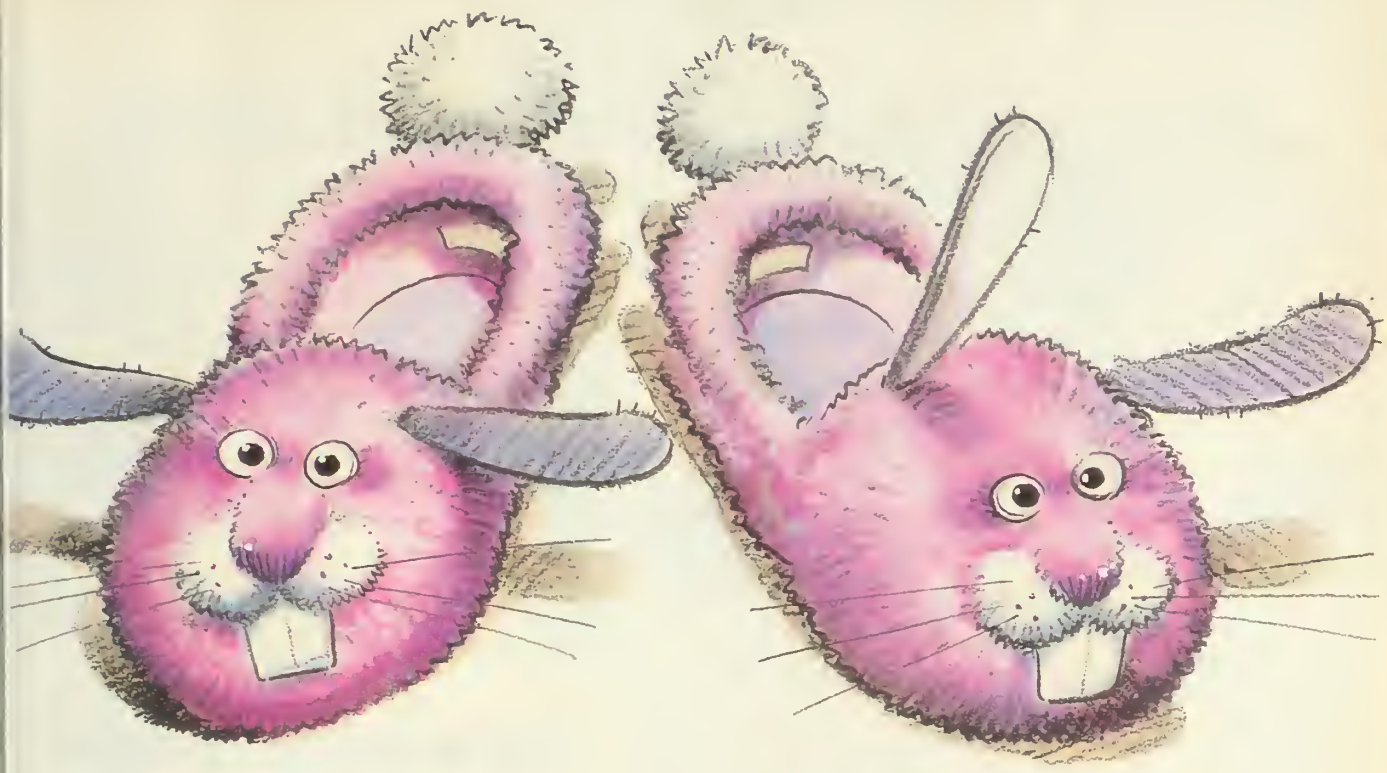
But if I didn't work, what would I do? For ten years, I had been a newspaper journalist. That was my identity. Who would I be if I quit my job? A housewife?

That thought alone had kept me working for months. I was afraid that as far as other people were concerned, I'd lose my status if I went from being an editor to "just a housewife." After all, some people believe that a woman who doesn't work outside the home is dull and dependent. I didn't want *(continued on page 217)*



Tom Ebenhoh/Black Star

The author at last has plenty of free time to read to her daughters—four-year-old Maren (left) and two-year old Melinda.

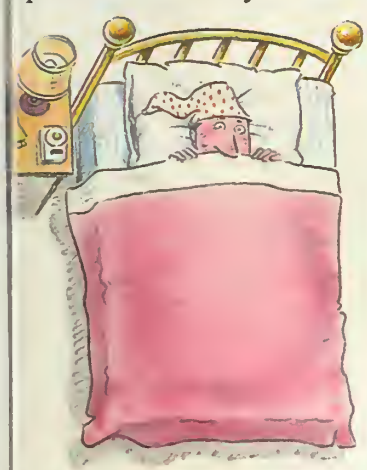


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Cuddle-Up Heated Throw

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P.M. System BedWarmer

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For more information, write Sunbeam P.M. System, P.O. Box 59266, Chicago, IL 60659. ®Sunbeam, Blanket with a Brain. ™BedWarmer, Cuddle-Up, P.M. Personal Monitoring. Manufactured by Northern Electric Company. ©1987 Northern Electric Company.

Tom Ebenhoh/Black Star



All Lorna needed to update her already good looks were a new stylish blunt cut and minimal makeup

Tohru Nakamura

Model-perfect *makeover*

Sophisticated and polished was the look thirty-nine-year-old Lorna wanted for fall. With her thick hair and flawless complexion, she had a style that was a cinch to update. And what better way to make Lorna look like a model than to ask Harie von Wijnberge—hair and makeup artist of the top models—to take charge?

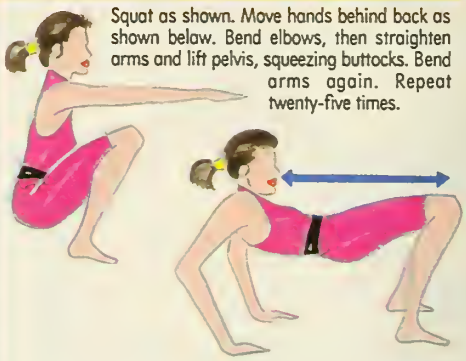
Harie began by giving Lorna a sculpted, shapely cut. He blunt-cut the ends and tapered soft, feminine wisps at the sides to highlight her beautiful eyes. Next, he showed Lorna a simple, natural-looking makeup routine. Follow his tips so you can look model-perfect, too!

Since Lorna's skin is even-toned, she needed only light foundation. Harie washed the foundation into her skin, patting gently with a damp sponge from forehead to chin. Next, he applied three dots of liquid blush on each cheekbone and blended with a damp sponge. Harie emphasized her almond eyes with liquid eyeliner in brown-black, subtle tobacco shadow and black mascara. (Tip: For extra staying power, dust eyelids with powder before applying mascara and shadow.) He then dusted the entire face with powder, defined and filled in her lips with plummy pencil. Isn't she a knockout?



fast upper-arm firmer

Build up your triceps and turn flab into sexy contours—also tone stomach, buttocks and thighs!



Squat as shown. Move hands behind back as shown below. Bend elbows, then straighten arms and lift pelvis, squeezing buttocks. Bend arms again. Repeat twenty-five times.

By Risa Sheppard, personal trainer in Los Angeles and author of *Risa Sheppard's Fitness Formula for a Firm and Flat Stomach.*

David Croland

how to choose the right *fragrance*

You love perfume, but are you sure the scent you buy is right for you? To find out the dos and don'ts of fragrance shopping, we went to Perry Pineda, manager of creative fragrance development, Beecham Cosmetics, who provided these scent-sational tips:

- **Before purchasing a fragrance, always apply to pulse points and leave on twenty minutes. Why? Because a perfume's top note, or first impression, lasts just five to fifteen minutes. Only after that can you decide whether you like the scent's middle note (which lasts up to an hour) and the base or bottom note (the most full-bodied), which can last for hours.**
- **You can sample several fragrances at a time, as long as the test spots are widely spaced—such as the inner wrist, outer forearm and shoulder. Otherwise, avoid traces of other fragrant products on your skin when trying a new scent—they'll alter the perfume's true odor. (Also, pungent foods such as onions and garlic will change the character of a scent.)**
- **Explore fragrance counters, take home several samples and discover which one you like best. New scents to look for? Here's a list of eight top sellers: Elizabeth Taylor's Passion, Intimate by Revlon, Tiffany by Tiffany & Co., Colors by Benetton, Glarious by Gloria Vanderbilt, Xi'a Xi'ang by Charles of the Ritz, Eau Dynamisante by Clarins and Poison by Christian Dior.**
- **No need to buy pricey perfume. Help your fragrance linger by layering several products with the same scent. Match bath oil, moisturizer and talc to perfume.**
- **Store fragrance in the refrigerator for lasting freshness.**


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the lowdown on lipsticks

First in a series of reports to help you become a wiser beauty consumer. Here, an indispensable lipstick guide

There's more to purchasing a lipstick than selecting your color—you must decide what you want from the product.



SMART BEAUTY SHOPPER

long wear A formula's stay-put power depends on the amount of certain dyes in the lipstick. DC red #21 and DC orange #5 are common wear-well ingredients to look for. Remember: Reds tend to stay on longer than peaches and pinks. Some long-wearing lipsticks are categorized as hard, meaning they have a high wax content (15 to 20 percent) that makes them less likely than others to feather into lip wrinkles or smear onto coffee cups. Soft lipsticks have less wax. One advantage of soft lipsticks, according to makeup artists, is that they provide the full amount of color in one clean sweep; hard formulas must be rubbed across the lips several times for full coverage. A good soft-formula product is Revlon's Super Lustrous Lipstick. For hard formulas try Coty '24' in Flame Red and Elizabeth Arden's Luxury Lipstick in Fiery Vibrations.

moisturizing According to Carol Tabasko, brand manager for Coty, most lipsticks are moisturizing, since they contain wax, which helps to lock moisture in the lips. Moisturizing lipsticks—often called creamy, rich or super emollient—have additional softening agents (including vitamin E, aloe, vegetable oils, natural plant botanicals and sunscreens) that protect lips against drying. All women can benefit from super-emollient lipstick, especially during the winter and summer, when lips are most vulnerable. We like Maybelline's Moisture Whip Lipstick.



glosses and sheers If you prefer a more natural look that allows your own lip color to shine through, go for glossy or sheer lipsticks (they contain less pigment). The difference between glosses and other lipsticks? Glosses contain lanolin, which gives lips a wet look. Try Coty's Sheer to Stay 6-Hour Lipcolor in Freshest Cherry.

There's a lipstick formula that suits your needs, a shade that complements your coloring

TRENDS

salon news cross-country

We asked top hair stylists from coast to coast for the hottest and most innovative ideas in salons today. Here, five super new salon trends you should know about.

■ **No need to worry about how a new cut will look on you: Many salons have gone high-tech by offering customers a computer printout of what a different do would look like before the first snip, avoiding the usual trauma of a major hair change and allowing try-ons of trendier cuts.**

■ **A boon to working women and working moms are salons that offer extended hours. Find out if your salon opens early in the morning or has evening hours. Some open as early as 7:30 A.M. and close at 8 P.M. or later, and many salons have extended their hours to seven days a week!**

■ **Stylists today know women are their own hair experts—you've been self-styling and making the most of gels, mousses and blow-dryers for years. Hairdressers now encourage conversations about past hair mishaps and your skills or lack of them. Most will train you to use products effectively and let you test styling techniques at the salon.**



Tohru Nakamura

■ **Following the lead of department stores, many salons around the country are offering seasonal discounts on certain services such as cuts and highlights during the summer, pedicures, facials and manicures during the holidays. Discounts are a great way to try a service you've never had before.**

Jimi Gianatti

■ **Salons have become antistress sanctuaries in the eighties, a haven where busy women can relax, meet friends and be pampered for an hour or two. One of the biggest innovations in salon service? Gourmet lunches, including wine and cappuccino, with facials, manicures, pedicures and massages. Be sure to inquire about your favorite salon's special services—turn your next visit into a mini spa!**

Tohru Nakamura

Photographed at the Pipino-Buccheri Salon, New York City


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Six or eight hours of uninterrupted replenishing treatment by Night of Olay can have a profound effect on your skin. As your body rests, Night of Olay goes to work. This enriching cream penetrates the skin's surface, boosting your skin's moisture replenishment system-- providing nourishing moisture and essential emollients all night long. Easing away even tiny wrinkle lines. Increasing your skin's resiliency-- actually helping it look and feel firmer. And, oh, the little lift you get from looking younger in the morning.



SUPERSTAR

Just when you thought she had said it all, Shirley MacLaine goes even farther out on a limb, with some surprising new insights



GOOD HEAVENS, SHIRLEY!

Doug Kennedy/Shooting Star

They're still talking about Shirley MacLaine's out-of-this-world arrival at this year's Academy Award ceremonies. She descended from the heavens of the Dorothy Chandler Pavilion in a make-believe spaceship to present the Oscars for best screenplay. Traipsing to the podium through puffs of Technicolor smoke, she faced the audience squarely and, with an impish grin, announced: "To you, this may seem like special effects. To me, it's basic transportation!"

Shirley then opened the envelope to reveal the winner of the best original screenplay Oscar—an absent Woody Allen for *Hannah and Her Sisters*—and upon receiving the gold statuette in his behalf, further quipped, "I accept this for him twice: once for his body, which is playing clarinet in New York City, and once for his spirit, which is here now . . . I know!"

Only the fifty-three-year-old actress, an Oscar-winner herself, could have *(continued on page 36)*

By Kim Garfield



Linda Evans' dress by Nolan Miller. Jewelry by Harry Winston Inc.

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From the maker of TAMPAX®

SHIRLEY MACLAINE

continued from page 31

such a blast making jokes at her own expense. But Shirley has shown she's quite comfortable poking fun at her well-documented reputation as a student (and more recently, teacher) of metaphysics and as the author of two best-selling accounts of her own personal odyssey into the spiritual realm (*Out on a Limb* and *Dancing in the Light*). Her playful humor at the Oscars not only showed her enormous self-confidence (and a good deal of chutzpah), it clearly disarmed some of her severest critics. Shirley insists this wasn't necessarily her intent, however. She was just having a good time.

Shirley is again in a lively mood the day I visit her for lunch on a hot, smoggy afternoon, when even the refreshing Pacific Ocean breezes appear to have taken the day off. She bounces into the living room of her Malibu Beach apartment, radiating high energy. Wearing beige slacks and a beige print silk blouse, she plunks herself down on the thick carpet and speaks enthusiastically about how gratifying it is to her that people are now comfortable enough with matters metaphysical to be able to have fun with them—even if the joke's on her.

"You see, once you joke about some thing, you know that it's settled int the culture. And I love my name bein attached to these jokes, because non of them are funny unless they use m name. It's not funny if you talk abou the Maharishi. It's not funny if yo talk about Krishnamurti. But with m name, people think it's hilarious."

Shirley considered it a hoot whe David Letterman, host of last year' Emmy Awards, deadpanned to an au dience of millions: "Welcome to th 1986 Emmy Awards, which is bein broadcast all over the world as w speak . . . except to Shirley MacLaine to whom it's being broadcast in th next century." And earlier this yea as she accepted the Valentino Awar (which, she insists, was "probably jus for being alive or something"), she sai to the audience, "I was talking to Rud the other night . . ."

Keeping busy

Jokes aside, it has been a particularl rewarding year for the actress/dance author/world traveler/mother. (Daugh ter Sachi, thirty-one, has embarked o her own successful career as an a tress.) The year began with the ne work television presentation of *Out o a Limb* last January; this mont marks the publication of her new boo *All in the Playing* (Bantam), anothe autobiographical tome, which cover the past two years of her life. Shirle considers the book "more professiona ly interesting than the previous tw works." It's the first time she has wri ten about her film career. "I used th shooting of *Out on a Limb* as th framework in which to explore the ac ing profession: the problems that ha pen on location and how you deal wit them, and the relationships with th crew and the other actors," she say "It's sort of a movie within a movie."

Shirley admits that working on th mini-series of *Out on a Limb*, in whic the actress played herself, was strange experience. And that says a lo coming from a woman who claims have had her fair share of unusual e periences, including reliving past liv and chatting with extraterrestrials.

Shirley shakes her head and smil all-knowingly as she recalls filmin the series. "One of the most importa things I've learned is that I've bee playing myself since I was born," sh explains. "You see, life is what yo perceive it to be . . . just like a play i just like a movie is. And once I rea ized that Shakespeare was right—th all of life is a stage, and we're ju actors writing, directing, producin and starring in our own plays—the onscreen I played the character I ha been playing in life."

She is quick to note that the Shirley e played in *Out on a Limb* was the irley of ten years ago: "That's not ıo I am now. I'm a different person ım the one I was then; I'm different ım who I was two years ago; I'm a fferent person from who I was last ght! And that's the joy of this work d of being. A new life literally opens to you every morning." She pauses ımentarily. "I realized that when I ıs seventeen years old. I got up one rning and understood that I could at each day like a new life. I could ift my issues, my themes, my attides." She stops once again and then ys, "It's like when you're having a ghtmare and you decide you don't ınt to dream that anymore. So you ke up in the middle of the night and u say, 'I don't want to go back to ep and dream this crap anymore!' u can change what you're dreaming the daytime, too."

She means everyone, regardless of ial, financial, professional or marital status. Even the housewife who reves no pay for her work can still d fulfillment in the most mundane sks, she insists. "Being a housewife a glorious existence," Shirley cries ssionately. "Imagine getting up with e person you love and have commitl your life to and with whom you d comfort. He's your other half. You to watch your other half eat the eakfast you've cooked and wear the thes you've ironed. And you have ese children you've given birth to and ore because they are a part of you . . . ensions of you. You get to dress or ld that little part of you every day. u have the adventure of loving these ıer characters in your play, who are lly nobody but you anyway."

The conversation returns to *Out on a nb* and her co-star, John Heard, who trayed her spiritual mentor, David. e newspapers had a field day report- Heard's mysterious two-week abıce from the film set, which caused eral hearts (including Shirley's) to p a few beats. Just when he was ut to be replaced, the actor quietly urned to work as if nothing had happed. Shirley picks up the saga: "He d that by working with some of these ritual understandings, he began to lize that life didn't have to be a ıdgery. So he decided to go back to w York to change some things in his ." She flings her arms in the air and ghs. "That it happened in the middle shooting didn't really occur to him!"

Shirley describes Heard as "a man whom life is a feast. He isn't caus like the rest of us." Then she ows an unexpected curve. "Believe or not," she says, "I've been a caus person all my life."

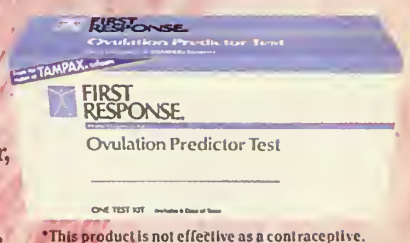
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Ann J. Byles



Vanessa A. Byles, 4 months

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From the maker of TAMPAX®

I, for one, couldn't believe it. I've known Shirley MacLaine for twenty-five years, and "cautious" is not the word to describe her. After all, this is the same legs-up-to-the-shoulder redhead who once hung out with Frank Sinatra, Dean Martin and the rest of the Hollywood Rat Pack while her husband lived five thousand miles away in Japan. This is the same political activist who championed underdogs at Democratic conventions, the same adventurer who climbed mountains in the far reaches of Bhutan and the same spiritual seeker who has ventured into past-life regressions and chatted with other-worldly entities. No, "cautious" is definitely not the word for Shirley MacLaine.

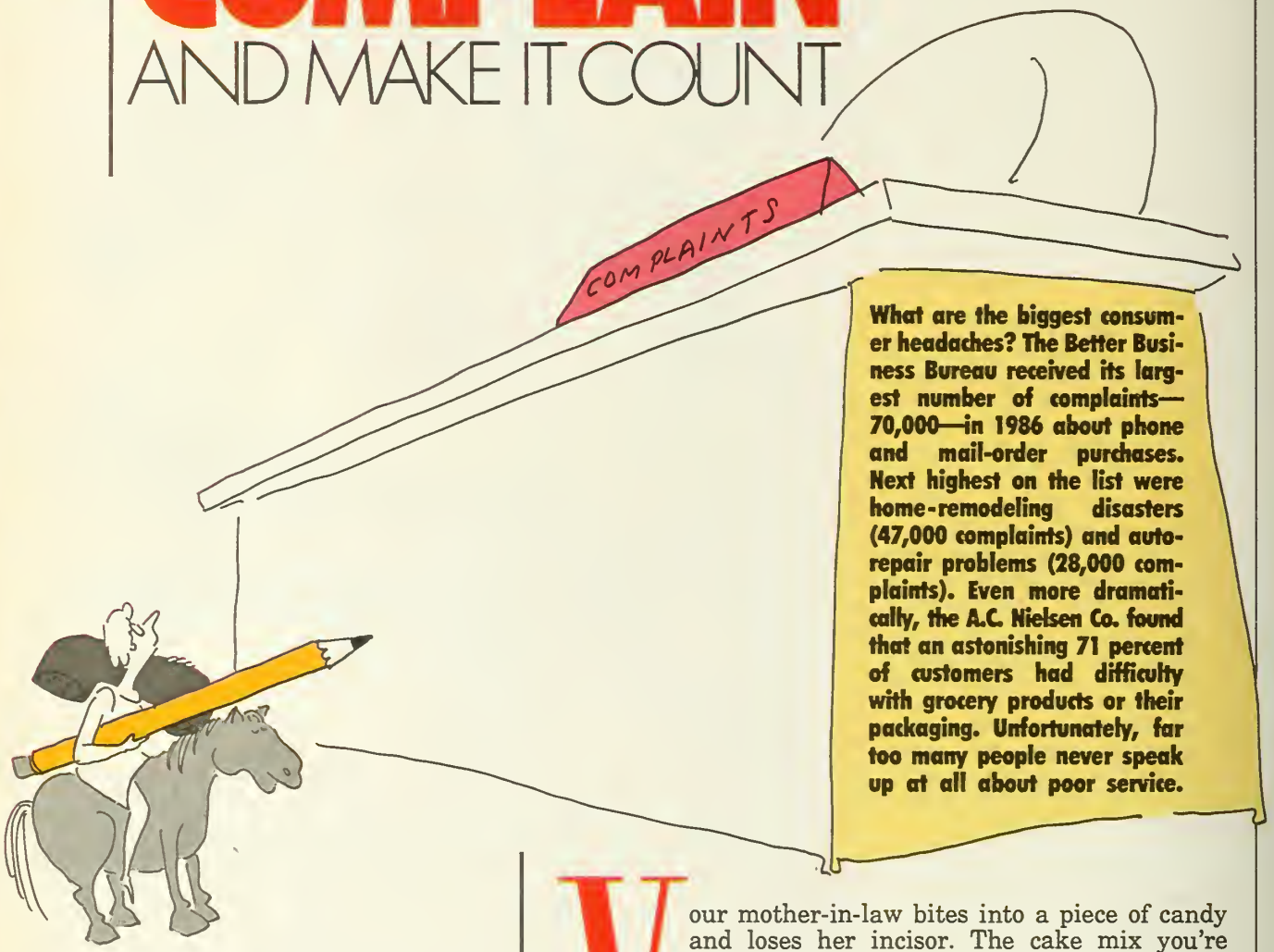
Yet she calmly repeats it. "Until recently, I'd been very cautious about committing myself to new things. That's why some of my past lovers are confused. They knew me as a left-brained skeptic with this rigorous intelligence, and they're asking, 'What's happened to Shirley?' Well, I'm still being cautious. I put all my beliefs through many litmus tests, and only once they pass do I make a commitment."

Spreading the word

One belief she talks about is the spiritual philosophy *(continued on page 208)*

HELP

HOW TO COMPLAIN AND MAKE IT COUNT



What are the biggest consumer headaches? The Better Business Bureau received its largest number of complaints—70,000—in 1986 about phone and mail-order purchases. Next highest on the list were home-remodeling disasters (47,000 complaints) and auto-repair problems (28,000 complaints). Even more dramatically, the A.C. Nielsen Co. found that an astonishing 71 percent of customers had difficulty with grocery products or their packaging. Unfortunately, far too many people never speak up at all about poor service.

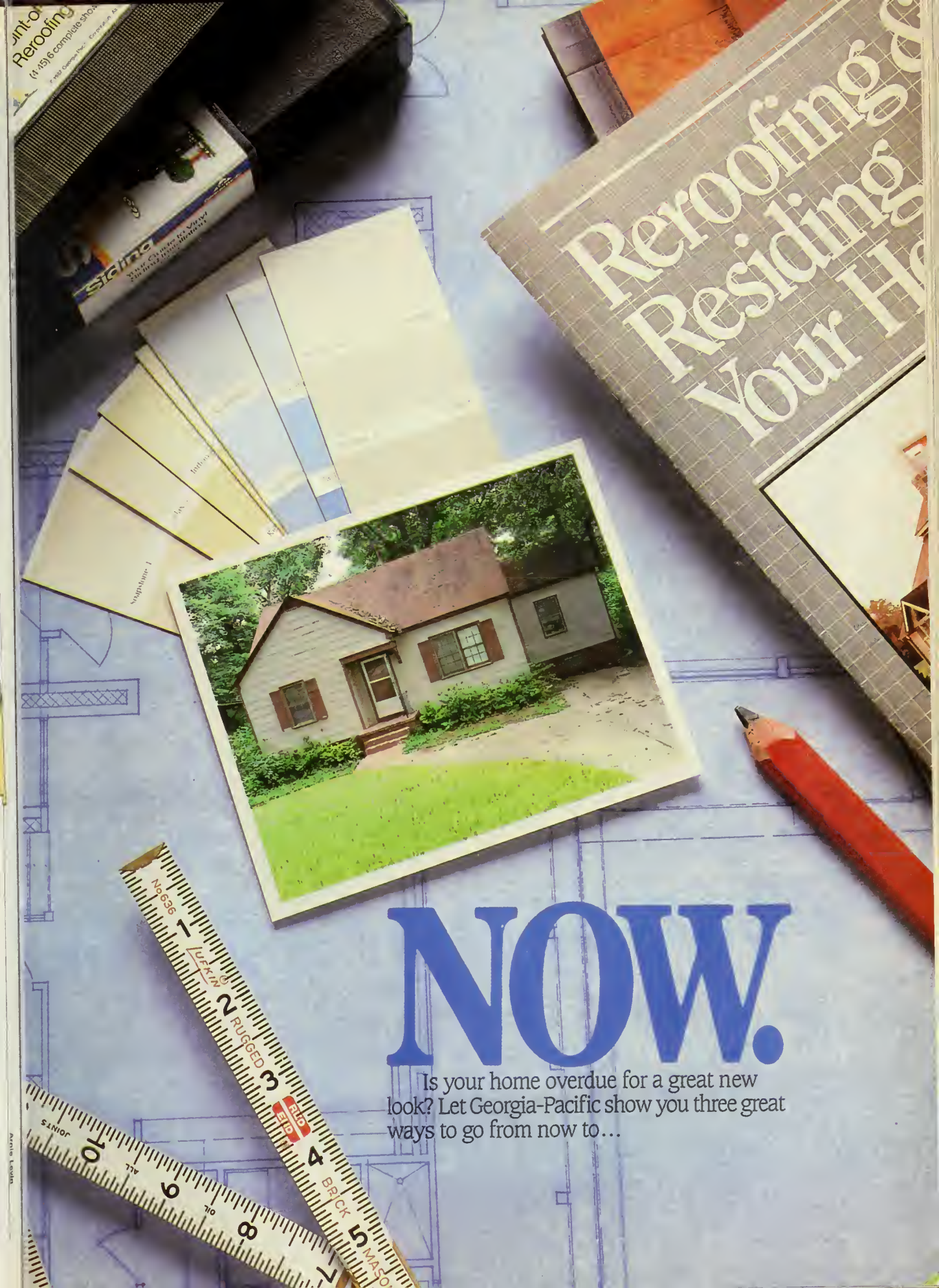
Arnie Levin

Sick of shoddy goods and incompetent service? Our fight-back guide will show you how to take on the system—and win

Your mother-in-law bites into a piece of candy and loses her incisor. The cake mix you're baking fails to rise to the occasion. Your movers demand payment, while half your worldly possessions are still on Interstate 80. You just had the car fixed, and now it won't start.

We've all wrung our hands over these—or similar—problems. That's why knowing how to complain effectively is crucial. Four out of ten consumers who voice objections to a big-ticket product they've bought say they're "not at all satisfied" with the response they get, according to the U.S. Office of Consumer Affairs. What's worse, the agency says, is that 60 percent of the consumers who buy these products (for example, a vacuum cleaner or a dishwasher) simply don't complain at all when they're unhappy, most likely because they think it won't make a difference. *(continued on page 42)*

By Nancy Barrett


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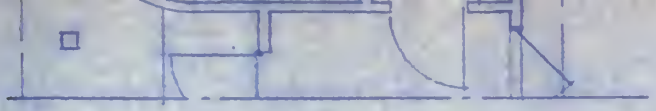
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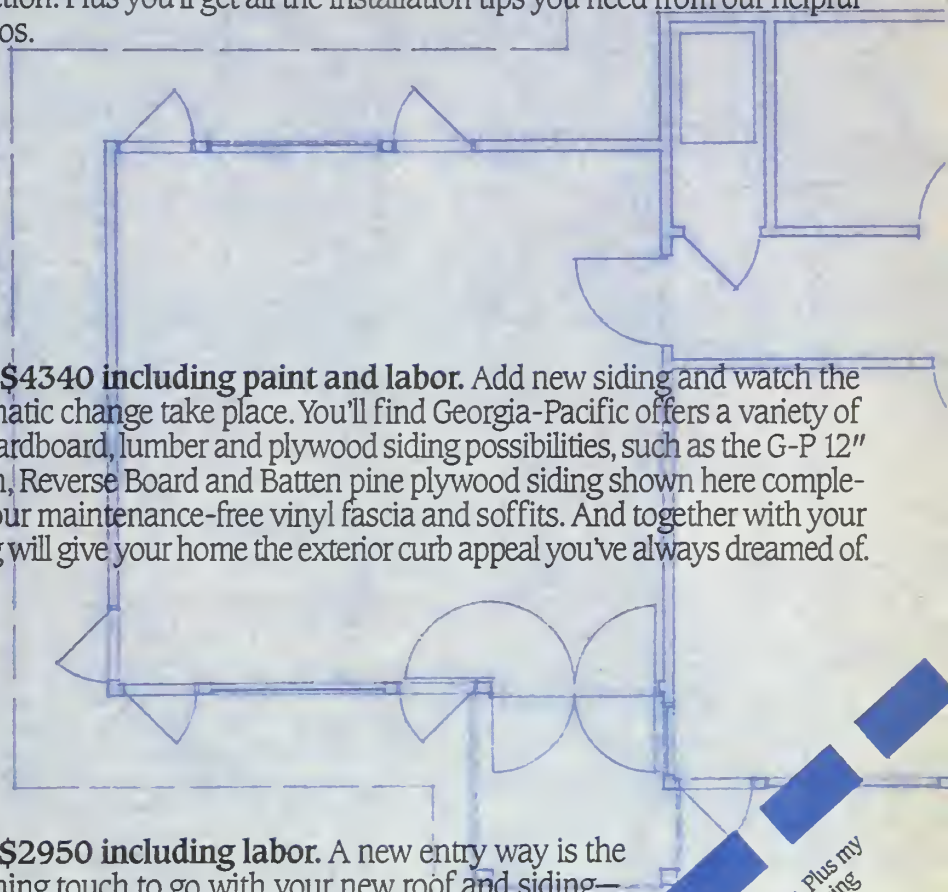
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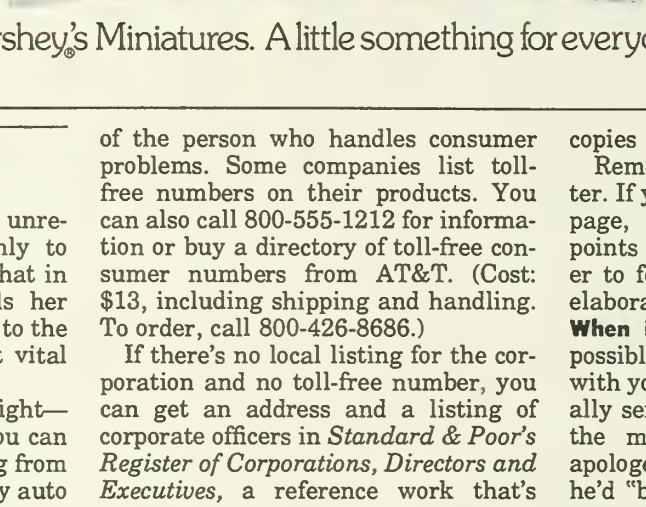
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HOW TO COMPLAIN

continued from page 38

Why is this happening? While unresponsive companies are certainly to blame, there's also little doubt that in many cases the consumer seals her own fate by sending a complaint to the wrong person or by leaving out vital pieces of information.

However, by knowing the right—and wrong—way to complain, you can deal successfully with everything from dry-cleaning dilemmas and shady auto mechanics to careless caterers. Here, a checklist to guarantee that your next complaint won't fall on deaf ears.

Send your complaint to the right place First, go to the source of your problem. If you bought a hair dryer that doesn't work, your first stop should be the salesperson, his or her supervisor or the manager of the store where you made the purchase. (Get the name of every person with whom you deal, even when you make the initial purchase.) If you run into problems at the first level, move on. With a small business, take your complaint to the owner. In a large company, the next step is the corporate office. Check for a local or toll-free number and call to find out exactly how the company wants you to lodge a complaint, as well as the name of the person who handles consumer problems. Some companies list toll-free numbers on their products. You can also call 800-555-1212 for information or buy a directory of toll-free consumer numbers from AT&T. (Cost: $13, including shipping and handling. To order, call 800-426-8686.)

If there's no local listing for the corporation and no toll-free number, you can get an address and a listing of corporate officers in *Standard & Poor's Register of Corporations, Directors and Executives,* a reference work that's available at most libraries.

Write it down Sometimes, if you need a quick solution to a minor problem, it's fine to call. In fact, companies that sell inexpensive consumer products (makeup or some food products, for instance) often prefer dealing with complaints by phone. More complex problems should be put in writing. To whom do you address your letter? Whenever possible, write to a specific person rather than simply to "Dear Manager" or "Dear Complaint Department Director." If you can, type your complaint—you'll be taken more seriously. Otherwise, print neatly and in a businesslike manner. Send your letter via certified mail, return receipt requested. That way, the company can't say that it never got your letter. And keep copies of all your correspondence.

Remember, too, that shorter is better. If you can't keep your letter to one page, number or bullet important points throughout the text so it's easier to follow. Resist the temptation to elaborate on why you're angry.

When in doubt, don't throw it out If possible, enclose the faulty product with your letter. A friend of mine actually sent a rancid frozen pizza back to the manufacturer and received an apologetic letter in return asking if he'd "be offended if we made it up to you by offering you a dozen pizzas."

Be sure, too, to enclose the name, model and serial number of the faulty product, as well as where and when you bought it; what you've already done to try to rectify the problem; and copies of sales receipts, warranties or other sale documents (you keep the originals). Include an address, daytime and evening phone numbers, and a list of other people at the company with whom you've been in touch, to avoid duplication.

With service problems, it's also important that you keep all evidence. If the caterer left your house looking as if a tornado had hit it, take a picture of the mess. If the tailor botched your alteration, don't have the damaged garment *(continued on page 178)*

Now... look who's waiting to come live in your home!

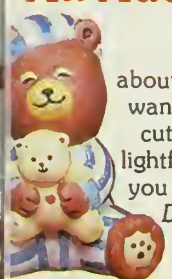


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WHAT'S HOT MILESTONES



Suzie Bleeden/Globe Photos

25 years with Johnny Carson

The oldest, boldest and smartest shows on TV. An inside look at three favorites

By Eric Sherman

Twenty-five years ago, NBC executives began a frantic search to replace Jack Paar, who had announced he was stepping down as host of *The Tonight Show*. They asked Bob Newhart to take over, but he said no. So did Jackie Gleason, Joey Bishop and Groucho Marx. Desperate, they decided to offer a $100,000-a-year contract to a young game-show host named Johnny Carson and hope for the best. And the best is exactly what they got.

Carson celebrates a quarter-century hosting *The Tonight Show* this month, but he has long since established himself as one of America's favorite entertainers. In fact, he's so popular . . . *"HOW POPULAR IS HE?"* . . . well, he's so popular NBC will reportedly pay him $7 million this season for working only three days a week—*and* he'll get fifteen weeks' vacation. Maybe Ed McMahon should start saying, *"Wheeeeeeeere's Johnny?"* at the beginning of every show.

Johnny Carson has become more than just a superstar—he is an American institution. For two generations, millions of bleary-eyed viewers have kept themselves up late each night to catch the king of the quick quips doing his masterful monologue. Other late-night gabbers like Joey Bishop, Dick Cavett, Jerry Lewis, Merv Griffin, Alan Thicke and Joan Rivers all challenged him with their shows, but Johnny sent each marching home again in defeat.

"There's no one quite like Johnny," says McMahon, who has worked with him ever since Carson hosted the game show *Who Do You Trust?* thirty years ago. "He's perfect for TV because he's so quick. He can play off something someone says and turn it into a joke in a second. His sense of timing is impeccable—the best there's been since Jack Benny. And that's not by accident. Johnny told me he spent most of his childhood stretched out on his living room floor, listening to Jack Benny on the radio, just as I had done."

Born in tiny Corning, Iowa, and raised on the plains of Nebraska, Carson is the all-American comic. Who else can get away with doing one of Hollywood's wickedest impersonations of both Ronald *and* Nancy Reagan, yet still endear himself to the First Family? (They're such fans that they insisted he emcee a 1981 inauguration gala.) And while his humor can be somewhat risqué and filled with double entendres, true to his midwestern background, it is almost never offensive.

"There's a little bit of the bad boy in Johnny, a naughty side that people love," McMahon explains. "His humor isn't vicious, but it is stinging. People like it when Johnny gets that glint in his eye and goes for the jugular."

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WHAT'S HOT MILESTONES

(continued) Johnny Carson's biting jokes than Johnny himself. When his third wife, Joanna, sued him for divorce in 1983 and won a record $2.24 million in alimony, Carson made a crack about it on the show nearly every night for weeks. ("I resolve that if I ever again get hit in the face with rice, it will be because I insulted a Chinese person," he quipped.) Even after he married his fourth wife, thirty-five-year-old beauty Alexis Mass, last July, he continued to make good-natured fun of his track record at the altar.

But over the years, *The Tonight Show*'s most memorable moments have come not from Carson's one-liners or even from his cast of oddball alter egos (gabby Aunt Blabby; huckster Art Fern; Floyd R. Turbo, American; or Carnac the Magnificent, the swami with all the questions). Some of the funniest incidents were unexpected gems that could never have been scripted. "One time a little marmoset monkey, brought by Joan Embry of the San Diego Zoo, crawled on top of Johnny's head, sat there for a few moments, and suddenly went . . . er, well, you know . . . all over him," recalls McMahon. "I laughed so hard, I'll never forget it." Undoubtedly, neither will Carson.

Surely after twenty-five years of laughs and gaffes, Johnny has thought about quitting. "Yes, we've discussed it from time to time," McMahon admits. "Sometimes, he'll say to me, 'Ed, how much longer can we do this?' But then we'll both realize how happy we are doing the show. Johnny lives for *The Tonight Show*—he eats, drinks, sleeps and breathes for it. Sure, one day he'll decide to stop, and I'll leave, too. *The Tonight Show* will go on with someone else in the host's chair, but it won't be the same. You could never quite replace Johnny Carson."





Geoffrey Croft/Outline Press

There he goes again: Johnny as Ronald Reagan and with his fourth wife, Alexis



CBS

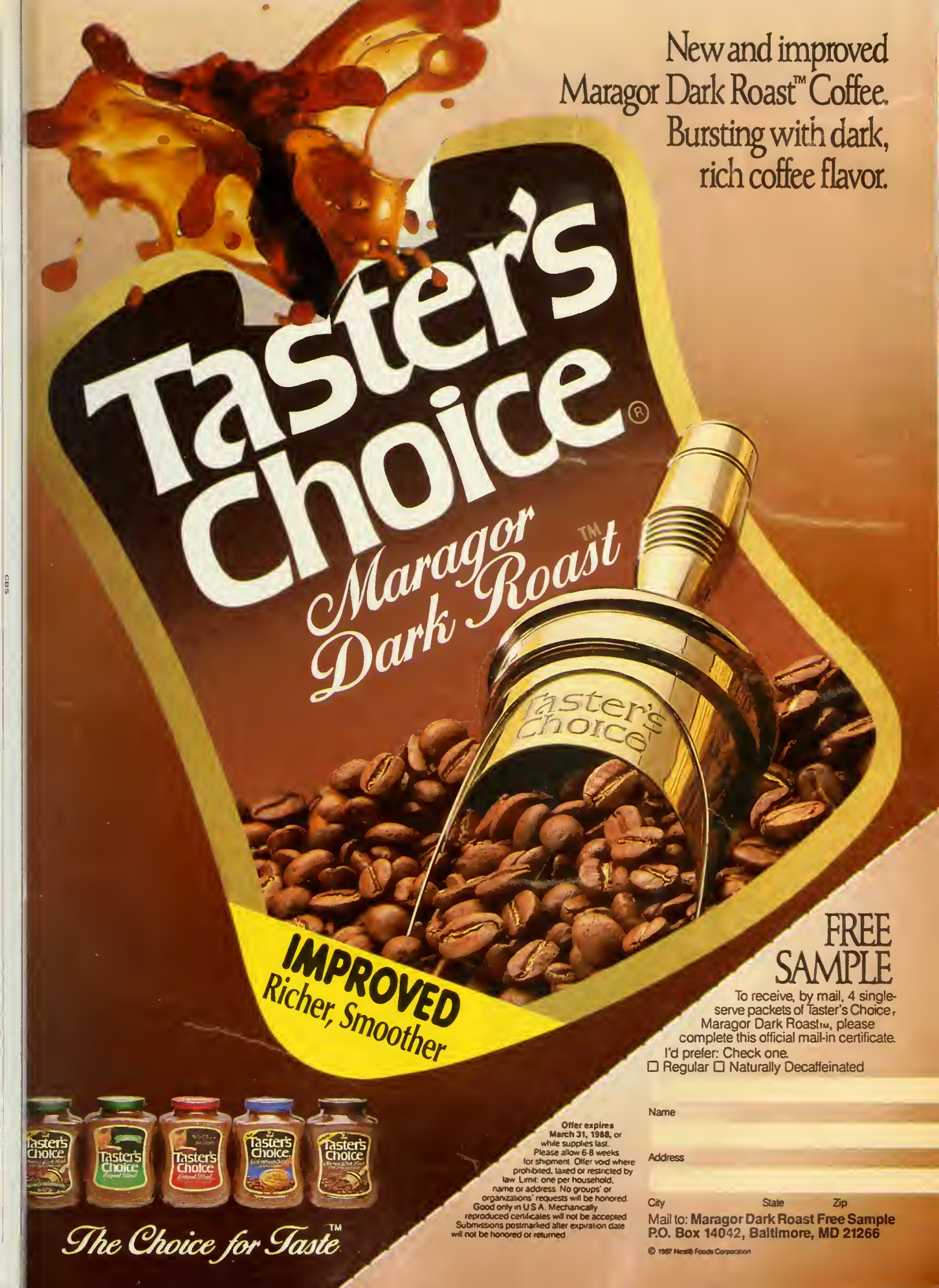
Behind the big stories at *60 Minutes*

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Over the past two decades and for more than sixty thousand minutes, the *60 Minutes* stopwatch has come to stand for journalistic excellence. To celebrate the show's twentieth anniversary, the *Journal* asked three of its correspondents to share their most memorable experiences:

MIKE WALLACE AND THE AYATOLLAH: Two weeks after the American hostages were taken in 1979, Wallace went to the Ayatollah Khomeini's TV studios for an exclusive interview. "When the Ayatollah walked in the room, I rose and put out my hand to shake his," Wallace recalls. "But he brushed right past me without so much as looking at me.

"I was told I'd have only fifteen minutes with Khomeini and not a minute more. I asked the first question, which took about thirty seconds. A translator took forty-five seconds to relay it, and then the Ayatollah began to talk. And talk. And talk. He rambled for ten minutes; there was no way to stop him. My life began to play out before *(continued)*


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(continued) my eyes. I was sure the entire interview would consist of only one question."

As it turned out, Khomeini permitted the meeting to last an hour and fifteen minutes. Wallace notes it was the only major interview the Iranian leader gave throughout the hostages' fourteen-month ordeal.

DIANE SAWYER AND ADMIRAL RICKOVER: The late Hyman Rickover, controversial father of the nuclear submarine, had a reputation for being a difficult man. "Difficult? He was *impossible*," Sawyer recalls. "The first time we met to negotiate the terms of the interview, he took one look at me and said, 'You don't look very smart. And if you're not, I'm not doing an interview.' "

Smooth Sawyer looked the admiral right in the eye and said, "Well, you're clearly not smart enough to know whether *I'm* smart." Rickover was impressed. "He bolted right up, and we began the negotiations." Sawyer got her interview.

MORLEY SAFER AND THE GREAT ONE: "I've never found interviewing celebrities all that interesting," says Safer. "I'd just as soon fill the air with my own blarney rather than the blarney of others. But Jackie Gleason was an exception—a fascinating man who expected the best from himself and others and never settled for anything less."

Safer fondly remembers Gleason—who played Minnesota Fats in *The Hustler*—challenging him to a game of pool right in the middle of the interview.

"Got any money on you?" Gleason asked. When Safer informed him that gambling was against his company's rules, Gleason shrugged and began to laugh. "We'll play for fun, then," he said.

And it *was* fun, Safer recalls. "Gleason was terrific to talk to and get to know. There is no question in my mind: He truly was the Great One."



Dione Sawyer broke down borriers os the first woman correspondent on *60 Minutes*. She's best known for her interviews of personalities like Calvin Klein (obove).

The soaps clean up



Reva (Kim Zimmer) has a new boby on *Guiding Light*, but is Josh (Robert Newmon) reolly the fother?

Welcome to another edition of *As the Calendar Turns*, the fictitious soap opera that asks the burning question, "How can it be that television's daytime serials are more popular now than they've ever been before?"

When last we joined our program, the cast of *Guiding Light* was celebrating its thirty-fifth anniversary on television and the fiftieth since making its premiere on radio in 1937. *Guiding Light* is now the all-time longest-running program of any type in any medium (dramatic organ music).

Meanwhile, in every hamlet in America, more than seven million viewers are glued to their TV sets watching soaps every minute. Countless more will rush home to their VCRs after work to tune in to the trials and tribulations of Frisco and Felicia, Phillip and Cricket or Charles and Dorian. Home taping is one of the primary reasons soaps are experiencing a rebirth today (even more dramatic music).

Daytime dramas have flourished thanks to their ability to lure a new crop of younger viewers. Once-tired shows that attracted older, dwindling audiences have introduced different characters and more contemporary story lines.

"Young audiences have come on strongly to daytime TV, because the programs are finally becoming more realistic," says Douglas Marland, head writer for *As the World Turns*. "The networks and sponsors might not want to deal with social issues like AIDS or teen suicide or drug abuse, but the viewers do." In fact, just this summer, *Another World* became the first daytime soap to include a character with AIDS, and *As the World Turns* and *All My Children* are also developing story lines involving the disease.

Can soap operas continue to attract a fresh crop of viewers in the years to come? Will they tackle even more controversial subjects? For the answers to these and other questions, tune in tomorrow. . . .

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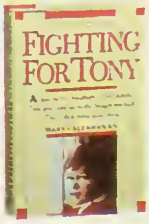
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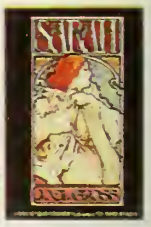
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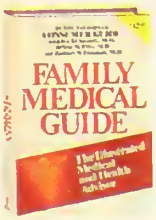
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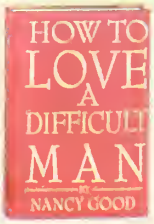
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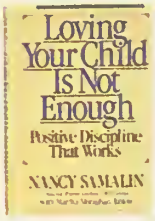
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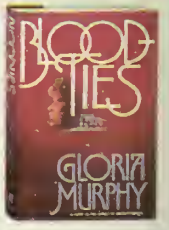
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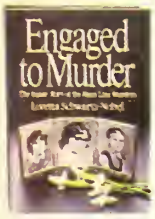
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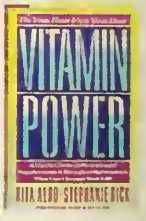
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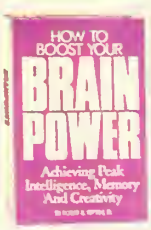
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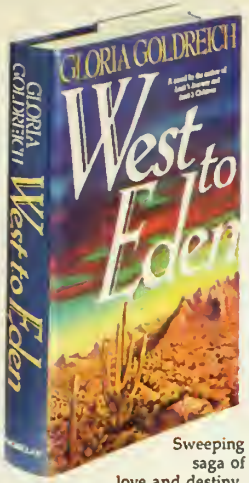
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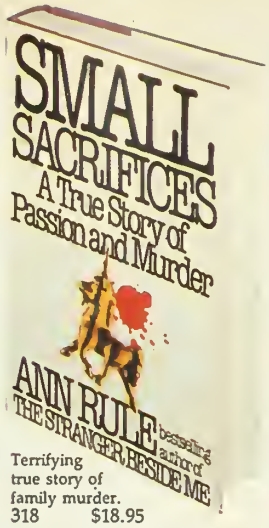
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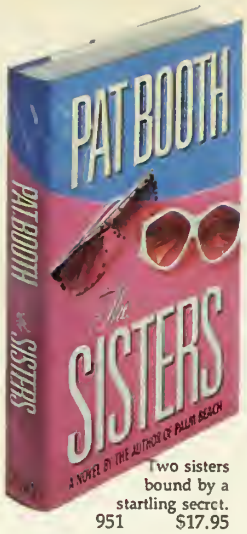
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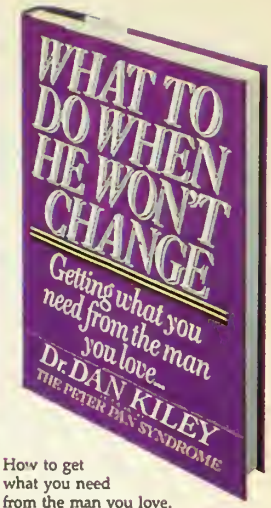
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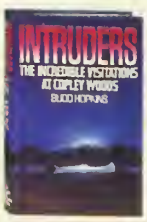
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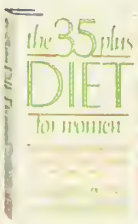
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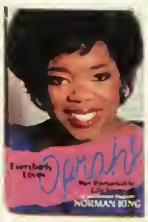
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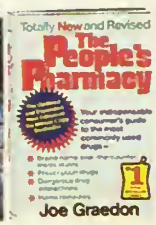
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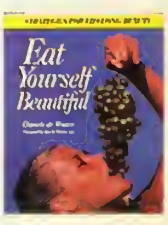
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MONEY NEWS

By Katherine Barrett and Richard Greene

If rates rise...

Mony smort folks in the world of finonce ore now soying thot interest rotes ore heoding upword once agoin. So whot's on investor—or borrower—to do?

We osked Ben Loden, chief economist ot the investment monogement firm of T. Rowe Price Associates, for his advice. Loden recommended thot people evoluote their investments with interest rotes in mind. Virtuolly every investment hos some kind of interest-rote element, ond investors who ignore chonges in rotes moy find themselves behind the eight boll. The key is making your move early enough to toke odvontoge of future chonges. Here ore four of Laden's recommendations:

1. Reduce your holdings of long-term bonds ond mutuol funds thot invest in long-term bonds from U.S. companies. Even if you hove to give up o few percentoge points of interest now, keep your money in short-term instruments.
2. Look for stocks thot do well when interest rotes ond inflotion ore high: bonks, energy componies and firms dealing in natural resources, such as gold or lumber.
3. Convert o flooting-rote loan to a fixed-rote loan—even if the latter is a point or two higher.
4. Don't put off refinoncing your mortgoge ony longer if you're paying a high interest rate. The rule of thumb is thot refinancing mokes sense if you con reduce your interest rote by 2 percent.

Low-cost credit cards

How much interest are you charged on *your* credit cards? The national average is 18.3 percent, but some banks offer cards with about half that interest rate. In order to receive a list of national low-interest credit cards, send $1.50 to Bankcard Holders of America, 333 Pennsylvania Avenue SE, Dept. L, Washington, DC 20003.

"The best investment I ever made"

"The courses I took in public speaking were the best investment I ever made," says Colombe Nicholas, forty-two-year-old president of Christian Dior–New York, a product-licensing company that had more than $320 million in sales last year. "I wasn't used to speaking in front of a group. But I realized early on that if I couldn't articulate my ideas, I wouldn't get anything done.

"These classes really taught me how to present a message in an entertaining manner," says Nicholas, who started her career as an assistant buyer for Macy's. "If you can organize and express your thoughts, you have a real asset."

HELPLINE

Q **My travel agent's arrangements on my behalf were disastrous; my vacation was ruined. What recourse do I have?**

A If you feel your agent was misleading or negligent and you can't resolve the problem with him directly, write the American Society of Travel Agents, 1101 King Street, Alexandria, VA 22314-2980. The association will handle written complaints against nonmembers and members and can take disciplinary action against member agents if warranted.

But before you fly off the handle about a botched plane reservation or a too-tiny hotel room, consider whether your travel agent is really at fault. When the airline or hotel is to blame, it may save you energy to complain directly to either of them. What's more, if you approach your travel agent in a cooperative rather than combative way, he may be willing to help you resolve your difficulties with the other organizations.

LONG LIVE THE TOASTER

Did you ever wonder how long you could count on your toaster to keep popping, your videocassette recorder to keep taping and your digital watch to keep ticking?

***Appliance* magazine has computed the average life expectancies of these and other household goods. Here's a sampling. (An appliance's life cycle is considered over when the first owner trades it in, gives it away or discards it.)**

Air conditioner	11 years
Automatic washer	12 years
Coffeemaker (drip)	3 years
Compactor	10 years
Digital watch	4 years
Dishwasher	11 years
Electric blanket	4 years
Fan	16 years
Microwave oven	11 years
Refrigerator	13 years
Television (color)	8 years
Toaster	8 years
Vacuum cleaner	11 years
VCR	7 years

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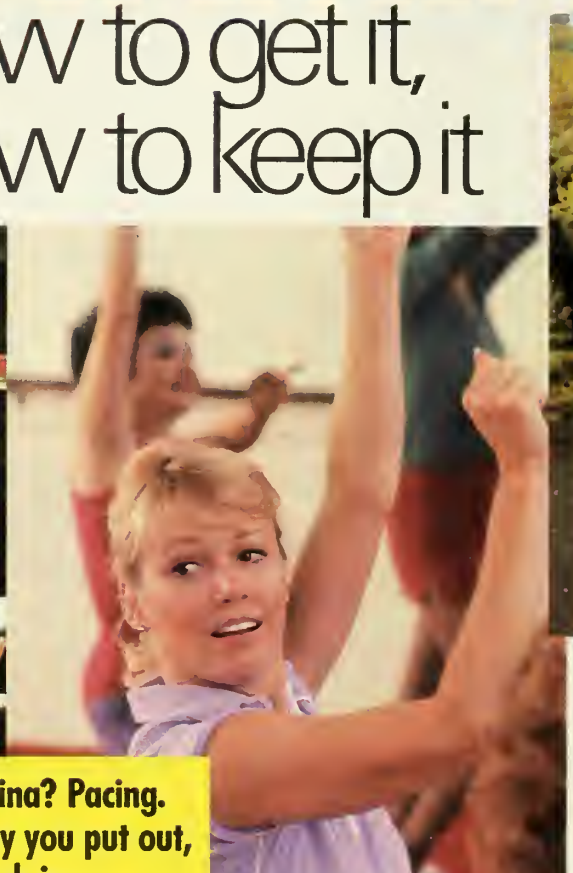
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FITNESS

STAMINA!

how to get it, how to keep it







The key to stamina? Pacing. Whatever energy you put out, you must put back in



My friend Maggie got up at seven the other day to help Michael, her nine-year-old son, finish his American Indian diorama. "It was an easy morning," Maggie explains, "because the kids had only half a day of school, and I didn't have to make lunches." Diorama completed, Maggie changed the kitty litter and called a neighbor to arrange to have the children picked up from school at noon. Then she called the baby-sitter to remind her to retrieve the kids from the neighbor's house at two. After showering and eating breakfast, she noticed that the sleeve of six-year-old Emily's only jacket was stained, so she sprayed it with fabric cleaner, soaked it for a few minutes, and while she dried her own hair, she alternately aimed the dryer at Emily's sleeve.

There's more. After dropping the kids off at school, Maggie took her usual one-and-a-half-mile walk through the park before heading for her office, where, as a business reporter, she was on deadline. During lunch, she met with other members of her children's school board to plan the fall fund-raising drive, then raced back to the office to finish a story about insider trading on Wall Street so she could leave at six to watch Michael's soccer play-offs. As she headed home to cook dinner, she picked up dessert for several friends who were coming by for coffee and cake at nine.

How does Maggie maintain a schedule that is so demanding, it makes most people tired just hearing about it?

Maggie has stamina—the energy to participate in a full, busy life. She hasn't had any bionic transplants—but her energy to spare is no accident either.

"Many factors contribute to a person's stamina," says Peter Miller, Ph.D., author of *The Hilton Head* *(continued)*

By Lynn Schnurnberger

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sauerkraut, drained
Thousand Island dressing

Cut sausage into 6-inch pieces. Split lengthwise. Top bread with Swiss cheese, sauerkraut and Thousand Island dressing. Arrange sausage on top of sauerkraut. Bake at 350° for 10 minutes or until heated throughout.



Jane Art Ltd./The Image Bank
The Image Bank
Gabe Palmer/The Stock Market
Tom Martin/The Stock Market
shire Farm, 1987

(continued) *Executive Stamina Program* (Rawson Associates, 1986) and director of the Hilton Head Health Institute. "What you eat, how you exercise and how much you rest has a lot to do with it," he adds. But stamina is also an attitude that you can indeed go the distance.

"When we say someone comes from strong stock," Miller says, "we're not suggesting there's a stamina gene. But there is definitely a psychological environment in which stamina blossoms."

"It's a matter of good old-fashioned positive reinforcement," says Michael Aronoff, M.D., a psychiatrist in private practice in New York City. "If you were raised to work through difficulties without giving up or panicking, you're more likely to bring stick-to-it-iveness to problem solving. You're better able to discipline yourself, and you have more stamina."

But don't despair: Anyone can build stamina—anyone, that is, who makes a conscious effort. The key is pacing. Whatever energy you put out, you must put back in. Maggie instinctively operates this way. She has relaxing habits—like walking—and a let's-get-it-done-now method of coping.

How can you boost your own reserves? Here, from the experts, is the latest medical and psychological advice.

your stamina game plan

1 

Breathe deeply

To reenergize, inhale and exhale slowly and fully, from your abdomen

2 ### Spice it up

Vary activities so you don't spend too much time in the same place doing the same thing. Take exercise breaks

3 

Eat right

Eat five small meals daily instead of three large ones; drink lots of water

4 ### De-stress

Think positive! People cope best with stress if they like what they're doing—or can temper bad with good

5 

Sweet dreams

Eight hours? That depends. Get enough rest for *you*

6 ### Forget superwoman

Don't try to do everything yourself. Set reasonable goals and ask for help when you need it

Take a deep breath Whether you're struggling through a marathon, concentrating on finishing a project at work or trying to button your squirming toddler into his coat, every cell in your body is demanding oxygen. The more deeply you breathe, the more oxygen you take in and the better you perform.

However, when you don't breathe properly, your memory, attention span and even your eye-hand coordination suffer, notes James Loehr, Ed.D., president of Mentally Tough, a corporate training company, and co-author of *Take a Deep Breath* (Villard, 1987). "Look around a room at people attending a meeting or class," he explains, "and you'll notice some with poor posture, their chests caved in. Most likely they're yawning or fidgeting to stay alert." The reason: When you slouch, your breathing becomes shallow, circulation slows down, and cells don't get the oxygen they need for energy.

While the last thing you want to do when you're bored or tired is sit up straight and breathe deeply, that's precisely what's needed to reenergize. In fact, lying down or taking a nap will have the opposite effect; heart rate and breathing will slow, reducing oxygen delivery.

To breathe properly, stand or sit up straight and place your hand on your abdomen. Feel your abdomen expand as you inhale, contract as you exhale. Deep breathing can have an immediate effect on flagging energy, and if you practice—five minutes every morning, a minute or two every hour—you'll notice after a few months that stamina has improved.

Stay active "I don't know why," says Laurie, "but on days when I'm most exhausted, if I drag myself to Jazzercise after work, I feel great."

Laurie has discovered that physical exertion—jogging, aerobics, swimming, even toe-touching—actually boosts stamina. The activity increases *(continued)*

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(continued) the volume of red blood cells, which carry oxygen. She may also be experiencing a rush of endorphins, hormones released by the pituitary gland that produce a "runner's high," that feeling of calm and well-being, explains Marijeanne Liederbach, M.S., supervisor of physical therapy at the Nicholas Institute of Sports Medicine of Lenox Hill Hospital, in New York City.

But while establishing a regular fitness regimen definitely ups your stamina, you don't have to be Jane Fonda to derive the maximum benefits. Miriam, a self-described "nonswimming, antiaerobics closet klutz," found that "walking the twenty blocks to my office each morning not only saved carfare, it felt terrific, and I developed great calf muscles."

Any activity, even one as simple as Miriam's walking regimen, practiced thirty minutes a day, four times a week, will raise your overall energy level, says Liederbach. In fact, just moving around in some way can help clear your head and provide you with an immediate stamina boost.

Barbara, a lawyer, remembers the night when negotiations on a labor contract came to an impasse around two A.M., after sixteen hours of bargaining. While others guzzled coffee, Barbara went into an adjoining office, closed the door and started doing jumping jacks. "After fifteen minutes, I came back and felt terrific. That break helped get me through."

Most of us don't have to wrestle with all-night negotiating sessions, but we've all experienced the fatigue that results from sitting at a desk for hours on end or from ironing a double-dryer's worth of laundry: Muscles stiffen and cramp from being in one position, and we feel drowsy and light-headed.

When this happens, Miller suggests, take an active rest break: five to twenty minutes of walking around, stretching arms and legs or, better yet, dashing outside for some fresh air.

Eat smart While there are no hard-and-fast rules about eating for stamina, the experts agree that a diet that's high (say, 55 percent of your caloric intake) in complex carbohydrates (pasta, whole grain breads and cereals, beans, whole fruits and vegetables), combined with 15 percent protein and no more than 30 percent fat, is ideal.

Complex carbohydrates —the most efficient and readily digestible source of energy—are broken down into a form of sugar called glucose, the ultimate body fuel. When blood sugar rises, you feel energized; when it dips, you lose stamina.

The energy derived from complex carbohydrates, however, is absorbed more slowly into the bloodstream (and thus yields greater long-term effects) than energy from simple carbohydrates such as sweets. These give you an immediate rush but also a pronounced letdown. Furthermore, while you need protein and fats, it's harder for your body to metabolize them.

To maximize stamina, then, eat five small meals rather than two or three larger ones. "By spreading food intake more evenly throughout the day, you keep your engine regularly stoked with glucose and your blood-sugar level constant," notes Peter Miller.

Gail Levey, spokesperson for the American Dietetic Association, suggests an eating plan combining protein and complex carbohydrates at each meal to help maintain consistent blood-sugar levels. A sample menu *(continued on page 219)*

want more energy? then . . .

DO

- develop a regular exercise/fitness regimen
- ask for support from family and friends if you feel that body and spirit are sagging
- watch for burnout—irritability, loss of appetite, the blahs, inability to sleep
- take active rest breaks when your muscles tighten and your eyes close

don't

- slouch. You can't breathe deeply from your abdomen if you're hunched over
- grab a candy bar thinking you'll get a rush of energy
- run to the coffee wagon. Opt for water, carbonated water or high-potassium foods: oranges, cantaloupe, bananas



Michael Watson


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PARENTS' JOURNAL

By Mary Mohler



Tom Arma

9 things you **must** ask at a parent-teacher conference

- Is my child working up to her potential? Is she performing at, above or below her grade level?
- Does he excel in specific areas, such as language or art, that I could reinforce? Or does he need special help in anything, and is it available within the school system?
- Are there various levels of proficiency within the classroom—in reading groups, for example? If so, is my child being grouped according to her abilities?
- Does my child make friends easily and participate in class and in activities?
- How are his work habits, attitude, sense of self-discipline?
- How would you, the teacher, assess my child's self-confidence?
- What different teaching approaches do you use? Do they include individual instruction when it's appropriate? Can you tell me about your grading system and explain some of the written comments on my child's work?
- What role do you expect parents to play in homework?
- What can I do to carry the learning process over into the home? How do you keep parents informed about students' progress over the course of the year?

bedwetting

Contrary to Grandma and Freud, enuresis, or bedwetting, in a four- or five-year-old is seldom a sign of either a serious medical condition or unexpressed hostility. Nighttime wetting is far more common than most people think, and the cause is very simple: limited bladder capacity.

The results of an eight-year study of one thousand children, written up recently in *Pediatrics*, suggest that a family history of bedwetting is the strongest predictor of childhood bedwetting. In short, if you or your husband has a history of enuresis, your child will probably take longer to learn bladder control. The study also confirmed that boys are more likely to wet their beds than girls are.

What should you do if your child wets the bed? Before age six, says Robert Prentice, M.D., associate executive director of the American Academy of Pediatrics, probably nothing beyond giving emotional support and mentioning the fact to your pediatrician (discreetly, please—children are very sensitive about this). Treatment before that age is likely to overdramatize a situation that will very probably resolve itself if left alone. Certainly do not scold or punish a child for a wet bed. He's not wetting on purpose.

A child who is still wetting at age six may be sleeping too deeply to be aware of the urge to urinate and need some assistance in learning to stay dry. According to Prentice, bed alarms are a safe and highly successful means of treatment. Basically, the wetness triggers a loud alarm; within a few days, the child is sleeping less deeply and wakens automatically when he feels the need to urinate. Check with a pediatrician before you start treatment; lots of con artists sell systems of this kind door-to-door at rip-off prices.

For more information, write the American Enuresis Foundation, Box 60671, Oklahoma City, OK 73146. Or call the foundation's twenty-four-hour hotline at 405-523-1950.

Sound body sound mind

I was a classic couch potato: I learned early to avoid physical challenges. Having babies changed all that. By Joyce Maynard

I suppose for some women, the thirties signals the beginning of the end: a few additional pounds here, a little less speed and stamina there, a greater willingness to take the elevator rather than the stairs, to drive instead of walk. Indeed, at thirty-three, I can't ignore those first small indications that there is in fact no cheating the clock.

I need sleep now, as I didn't when I was sixteen. And no matter how many hours of stretching, toning and puffing I put in alongside Jane Fonda, there is no regaining the body I had as a teenager. Not to mention the way the world



Kerry Gavis

reminds me that I'm not so young anymore: the bag boy at the supermarket who calls me ma'am, the hairdresser who points out the more-than-I-care-to know-about gray hairs.

But—that said—I must add that I feel more fit and in better shape than I ever did at eighteen. Instead of going downhill, I even think I'm still getting better. Because for me, having children got me into, not out of, shape.

Of course, I had nowhere to go but up. I was always the last one chosen for every team, the first one substituted out in a game. In all my years of school gym classes, I don't believe I ever connected my bat with a ball or scored a single basket.

Yet, when I became pregnant with ▶

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our first child, my husband, Steve, and I both knew we wanted a home birth, without medication. I approached the event with a great deal of trepidation, since I was, after all, someone who had met nearly every physical challenge of her life with failure. So I worked hard to prepare myself, mentally and physically, for birth. But I lived in fear of the possibility that I would (as I always had) strike out, foul or simply give up in the crunch.

Children's fears

Here's what kids worry most about, according to a nationwide survey of children aged six to fifteen:

Getting a bad report card 63%
Nuclear war 55%
That parents might divorce . . . 37%
Not being popular in school . . 17%
—Yankelovich Youth Monitor

But I didn't. The birth of our daughter (at home, with a midwife in attendance) was nowhere close to easy or painless, but for the first time in my life, I was in total control of my body. Audrey's birth changed many things in my life, of course, not the least of which was my attitude about myself and my body. The pregnancy left me with pounds to lose and stretch marks that will be with me forever. But successfully enduring the rigors of labor and birth (first with my daughter, then with two sons) also left me with a confidence in my physical abilities that I had never known before.

Not long ago, I ran in my first five-mile road race, and when I came home that day, my son Charlie asked if I'd won. Well, the truth is, I came in 268th out of 275. But to me, just finishing was a victory. When I was younger, I would have quit in the middle, when the pain got bad, or sooner. As it was, when that last mile seemed impossible, I thought of telling my kids that I had finished, and because of that, I think, I summoned the stamina to make it through.

Like every mother, I focus now and then on all the ways having children makes my life harder, all the strength and energy required to raise and care for them. But the truth is, of course, that children do not simply sap your strength. They also give you more.

Joyce Maynard is the author of Domestic Affairs: Enduring the Pleasures of Motherhood and Family Life, *recently published by Times Books.*

Great expectations?

Here's what kids think is important to their parents about their behavior, according to a nationwide survey of children aged six to fifteen:

That they have good manners 93%
That they don't eat junk food 66%
That they don't watch too much TV . . 56%
—Yankelovich Youth Monitor


William Truss/Black Star
Charlotte Ackerman


Tom Sobolik/Black Star
Gloria Schlacter


Wade Spees/Black Star
Eileen Rosen

HOW WOULD YOU HANDLE IT

What would you do if your child persisted in a friendship with someone you thought was a bad influence on him?

■ **Charlotte Ackerman, 37, two children, 9 and 6, Tucson, AZ**

You can't just forbid a friendship—much as I might like to control negative influences, my role is to help my children learn to make responsible decisions for themselves. And anyway, a relationship I don't approve of may turn out to be an important learning experience for my child. Parents have control over kids' activities, not their feelings. I try to arrange suitable activities and meeting places. But I also establish consequences for misbehavior—if he and Johnny get in trouble, he's responsible for his actions.

■ **Gloria Schlacter, 53, substitute teacher, one child, 13, Yonkers, NY**

First I'd try to think about why I didn't like this friend, make sure it wasn't some prejudice on my part. Then, if the bad influence was minor—say, using bad language—I'd try to deal with the behavior itself. I would speak to my son and let him know that neither he nor his friend was permitted to use foul language in my house. But if it was a major infraction, if the kids were engaging in dangerous or self-destructive behavior, then I'd forbid my child to play with him.

■ **Eileen Rosen, 44, real estate, three children, 18, 16 and 10, Charleston, SC**

I would never forbid my child to see a friend—unless the other child was involved in something dangerous or illegal. Short of that, I'd watch even more vigilantly than usual for any changes in my child's attitude or behavior. If he started doing things I disapproved of, I'd tell him in no uncertain terms. I'd also try discussing the relationship to find out why he was friendly with this boy. You have to keep communicating with your kids about friends and values.

Be part of our panel and share your parenting expertise: Send your name, address, age, phone number and a brief description of your family (number and age of kids) to Parents' Journal, Ladies' Home Journal, 100 Park Avenue, New York, NY 10017. We'll keep the information on file and call a few of you with a question each month.

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ORDEAL



Kevin Callahan

A VERY SPECIAL FAMILY: Tony, now nine years old, his remarkable sister, Renee, and his parents, Mary and Rich

Fighting for Tony

When my son was two years old, doctors diagnosed him as autistic. There was little hope that he would ever improve. But my husband and I refused to give up. Here is the story of our struggle to help our little boy live a normal life

He was born at eleven-twenty P.M. on February 11, 1978, a beautiful little boy with a cap of soft brown hair and a faraway look in his eye. My husband, Rich, and I decided to name our son Anthony Richard.

I had looked forward to having a child for a long time. I was the oldest daughter in a family of eight children, so mothering seemed natural to me. Even my career reflected my upbringing. At age twenty-seven, I was the only pulmonary nurse in the state of New Mexico. I worked for the Lung Association developing programs for pulmonary patients and implementing them in hospitals and clinics around the state. Now, at last, I was a mother, too.

The first week at home after Tony's birth was a pleasure. Rich had taken time off from his job as director of a middle school band so that I could recover from the delivery. Tony woke for his *(continued)*

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By Mary Callahan



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FIGHTING FOR TONY
continued

feedings every three hours, looked at us for a few minutes and then went back to sleep. Obviously, we had a peaceful baby.

Our peace was shattered on Tony's seventh night at home, when he woke up to be fed and would not go back to sleep. I paced the floor with him for an hour while he cried.

Each day after that, Tony's crying spells grew longer and more frequent. Most days he cried for an hour or two in the morning, about four hours at dinnertime and an hour during the night. He was three weeks old the first time I yelled back, "There's nothing wrong with you!" Then we both cried.

Finally, I took Tony to the pediatrician, during what turned out to be nine straight hours of crying. The doctor examined him and found him to be healthy—and loud. He yelled over the racket, "How do you stay so calm?"

"It's an act," I yelled back.

The truth was, my stomach turned every time I heard Tony waking up. Sometimes I had to walk down the block until I couldn't hear him anymore, just to keep from hurting him.

Tony was seven months old—and still crying—when I discovered that I was pregnant again. Rich and I both felt that a sibling would improve Tony's behavior. He resisted change in his routine to such a degree that I was forced to quit my job because I could no longer do the necessary traveling.

I prepared Tony for the new baby by telling him what to expect and that we would still love him. But talking to Tony was like talking to myself. He never looked up or responded.

He did notice that with my increased size, I grunted anytime I bent over or lifted something. He began to mimic my actions. He's teasing me, I thought. Pretty advanced for his age! What I didn't know then was that this game was really the first sign of echolalia—the parroting behavior that is the language of autism.

I was more concerned about Tony's fascination with lights and shadows. He knew when the sun would shine on each cupboard door so he could play with the reflection. I'd also find him staring into burning lights.

Other kids his age were playing with pull toys; Tony spent his time spinning the wheels of his toy trucks. I mentioned this to Rich.

"He's smarter than those other kids!" Rich shouted. "Why do you continually compare him with kids who aren't as smart as he is?"

Rich always responded to my worries about Tony by becoming defensive about him. We argued about Tony because we loved him so much. But the result was that Rich and I were at odds with each other.

Tony was seventeen months old when his sister, Renee, was born. It didn't take me long to realize that infant Renee was rapidly becoming more responsive than Tony, a toddler. His self-involvement was so deep, he didn't seem to know his sister had arrived. Tony stared into light bulbs and spun the wheels on his trucks more intently than ever. By this time, I had taken him to several pediatricians, but they all found him to be perfectly healthy.

Disturbing news

One day my friend Pat asked, "Have you ever heard of a place called Programs for Children?"

"No," I said.

"It's a division of the mental health center that evaluates children. I was thinking you might call them. . . ."

I felt the color draining from my face, and my heart was pounding. I thought I might faint. Suddenly, I had to face the possibility that Tony might have serious, lifelong problems.

Rich was angry when I told him what Pat had said. But I decided to have Tony evaluated no matter what.

For the first *(continued on page 193)*



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Barbara Walz/Outline

The private side of Anne Bancroft

At home with the elegant actress and her husband, Mel Brooks, the king of crackpot comedy. What do they have in common? One very happy marriage



Tony Costa/Outline

By Joan Goodman

She is a classy, aristocratic beauty, one of Hollywood's most respected actresses. He is a puckish wise guy whose films, from *Blazing Saddles* to *Spaceballs*, have given him a reputation for crass over class. It's hard enough imagining Anne Bancroft and Mel Brooks in the same room, much less spending most of their lives together. No wonder Anne's mother hadn't wanted them to marry at first. "When I brought Mel home, my mother said, 'You could do better,' " Anne remembers with a smile. "We still laugh about that."

But for all their differences, Anne Bancroft and Mel Brooks have been laughing and loving together through twenty-three years of marriage. In an industry where actors change partners nearly as often as they do hairstyles, these two talents have confounded the gossips. The only person who isn't surprised at how wonderfully things have worked out is Anne Bancroft herself, who, at age fifty-six, is as much in love with her husband as she was the day they met.

"When I hear Mel's key in the lock, my heart flutters," Anne says, as she relaxes in a big, comfortable chair in her Pacific Palisades, California, home. "He's such a party. Remember when you were a kid and company was coming? That's what it's like." Then, with exaggerated seriousness, she adds, "I don't understand it. There's a *(continued)*

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ANNE BANCROFT
continued

irror by the front door, and I can see at it's not Robert Redford coming ome for dinner. I see a funny-looking ttle man—and it makes my heart itter. I don't think that I deserve it, it I'm not kicking. I'm taking it."

Anne Bancroft is indeed the picture contentment. Wearing a black and hite silk blouse and sipping a cup of anberry tea, she ssesses a natural ace and elegance. ough there are reaks of gray in r dark hair, her ge, compassion- e eyes and end- ss vitality make r look fifteen ars younger. In a ice of remarkable mbre, she talks in eathy, quick sen- nces, often dis- aying a sense of mor that is every t as fast and arp as her hus- nd's is.

"I talked to some- e who spoke of u with such ve," she is told.

"I certainly hope was Mel," Anne adpans, "or I'm big trouble."

When Anne and r husband speak each other—and at's much of the me—their words e mixed with th affection *and* umor. Brooks ys, "Anne is sim- y terrific. She's autiful, she has reat shoulders, nd she makes me ugh."

"I do make him ugh, that's true," plies his wife, uched by the com- liment. "Mel's sort f jaded about fun- y things, because e knows almost everything, but I uess I'm spontaneous. Things pop out, nd that makes him laugh. That's why ur marriage works so well."

Acute funnybones are not all they ave in common. Anne insists that de- pite their public images, she and her usband are truly alike. "When you trip away who we are as Mel Brooks and Anne Bancroft, and you think of us as children, you can see we would have been in love as kids," she says. "We have the same values. We think alike about what's important and what makes us happy. It's the simple things—our son, my garden, making other people happy. Our life revolves around our family and friends."

One of her joys is spending time with her fifteen-year-old son, Max, though Anne does admit he can sometimes be a handful. "He's in his teen years, and those are difficult times," she says. "Mel's solution is we don't talk to him until he's twenty-one."

Like his father, Max has a keen sense of humor and an uncanny ability to get himself out of a tight corner with a joke or funny imitation. "You wouldn't think humor is the kind of thing that could be inherited, but it is," Anne says. "Max thinks like his father, is crazy like him, has interesting ideas and a satiric picture of life. It's fascinating to see how much the same the two of them are. I just love watching my son grow."

A fruitful life

Anne takes another sip of tea but resists a watercress sandwich, since she's faithfully sticking to a self-imposed diet. "I'll tell you what else makes me happy," she says suddenly. "Learning. I didn't always know that, but just the fact that I can still learn is thrilling to me. It doesn't have to be anything earthshaking. Listen, I bought a book on pruning the other day and just read the first few sentences. I learned something, and it made me happy all day. I was going to be able to prune these trees in my garden, and it lifted me up to the ceiling!"

There you have it—the wife of one of the wackiest men in show business becomes ecstatic at the thought of pruning trees. In fact, Anne's comfortable home is surrounded by trees and gardens she attends to with loving care. There is an herb garden, a vegetable garden and fruit trees; and Anne also takes pride in being a member of the California Fruit Growers Association.

When she's not in the garden, the actress loves relaxing in the family's indoor/outdoor swimming pool. She and Mel will often spend so much time in the water, they talk as they swim. Once, Mel was swimming in the outdoor end while Anne was in the covered portion as they were holding a conversation. Brooks interrupted her *(continued)*





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ANNE BANCROFT
continued

fter a few minutes and asked if they ould continue talking later; it had be- un to rain on his side, and even love, evotion and an important conversa- on must take a backseat to seeking elter during a good downpour.

But if Anne becomes overjoyed wimming for hours or learning how to rune trees, you should see her reac- on when she eads one of her ooks on nutri- on. "I could nev- follow a diet, so got a book and arned about cal- ries," she ex- lains. "Now I'm ating foods that I ve, not what the iet books like."

And the whole mily is reap- ig the benefits. Anne is a great ook; she really ooks up a storm," fel says with en- usiasm. "She akes a tamale ie that I could die om, but, in fact, 's saving my life ecause almost verything she ooks could be on ie Pritikin diet. nly it tastes reat. She saves y life in many, any ways." (For nne's Tamale ie recipe, turn page 210.)

Yet for all Mel's raise of her cook- g, Anne knows e still takes sec- nd place to her wn mother in the itchen. "When y mother comes stay with us, fel's in heaven," nne says. "She ooks those won- erful Italian eals that you an't get anywhere." Bancroft's par- nts live in New York but spend the inter with their daughter in Califor- ia. "They also come out when one of s is working," Anne says. "I need em. They keep the family the family. fel and I have a pact that we never ork at the same time. When our son as little I didn't work an awful lot. It wasn't a sacrifice. I didn't conceive un- til I was forty, and then I fell in love with staying home and being with my child. I think it's the most impor- tant job in the world."

Anne takes a fearlessly unfashion- able view of women and careers. "I think men have to work. I think it's very important to their identity. I don't think it's that important to wom- en. I feel quite happy just sitting around the house for an entire day. There are a million things for me to do that keep me busy and feeling impor- tant. I don't think men feel like that."

She pauses thoughtfully. "I remem- ber when my sister got married and started to have one child after another. I said to her, 'Is this enough for you?' And she said, 'You see that wall?' And I looked up at the empty wall as she pointed out, 'If I wanted to, I could paint it purple.' She was the boss. She loved it. Some women love to stay home, and they shouldn't be made to think they're nothing unless they're out working."

But when both husband and wife do work, Anne says it's important for each person to remain sensitive to the other's needs. Over the years, she's learned how to help her husband over- come his "high anxiety" when he starts a movie. "Mel is always so unsure when he starts out," she says. "When he began *Spaceballs*, he was filled with self-doubt. Anxi- ety feeds on that, and when he's not happy, I'm not happy. But that's when you must do something—be there for each oth- er." So when Mel makes a movie, Anne tries to get out to the set at least once a week to be with him and put his mind at ease. She even co- starred with him in his previous comedy, *To Be or Not to Be*.

And her hus- band is always there for her. He was the one who encouraged her to write and direct for the first time with the movie *Fatso* in 1979, when she was dis- satisfied with her acting career. And it was Mel's pro- duction company that backed her most recent pro- ject as an actress, *84 Charing Cross Road*. "Sleeping with the producer always helps," Anne says with a a full-throated, irresistible laugh.

Of course, Bancroft has proven her talent on her own; in fact, she was established as an actress long before she met Mel. Born Anna Maria Louise Italiano in the Bronx, New York, she has never forgotten her humble roots. "My father was a pattern maker; he's now retired," *(continued on page 210)*



PSYCHOLOGIST'S JOURNAL

By Sonya Friedman, Ph.D.

CONSTANTLY COMPLAINS

Q **Recently, I've noticed that I find a lot to complain about, even in the best of situations. I'm tired of being so negative, and I know that it annoys my husband and friends, too. Why do I do this, and how can I change?**

A It sounds as if you're dissatisfied with your life in general and thus feel irritated even in situations you would normally enjoy. Often, this kind of discontent comes over women when they are suffering from emotional burnout or perhaps experiencing a midlife crisis.

But realizing that others are annoyed by your complaining is the first step toward changing your behavior. Try to imagine how you would like your life to be. How does your dream compare with reality? Once you pinpoint why you're feeling dissatisfied, you can work on making the necessary changes.

I also suggest that you see your doctor, as some physical problems often cause malaise.

TEENAGER'S COMPULSION

Q **My fifteen-year-old daughter is obsessed with cleanliness. She takes at least two showers a day, and she changes her clothes constantly. What causes her extreme behavior?**

A An obsession with cleanliness may mean she is overwhelmed by disturbing thoughts, perhaps of sickness, sex or death. Because these thoughts often lurk in the subconscious, your daughter is probably not aware of them, only of the anxious feelings they produce. Thus, she feels compelled to take showers to cleanse herself of this anxiety.

The most appropriate treatment for compulsive behavior is behavior therapy, during which your daughter can be helped to identify and resolve her fears and stop acting out her compulsion. Contact your physician or a local university psychological clinic and ask for the names of some behavioral therapists.

How jealous are you?

How well do *you* control your jealous feelings? To find out, imagine yourself in each of the following situations. Then indicate the response that comes closest to your true feelings: a. slightly jealous, b. somewhat jealous, c. intensely jealous.

1. You find old love letters another woman wrote your mate.
2. Your husband often talks of a female co-worker he admires.
3. Your best friend's husband gives her a beautiful fur coat.
4. While discussing their children, your husband and his ex-wife sometimes reminisce about former good times.
5. Your teenage daughter is very close to your sister and confides in her more than she does in you.
6. Your husband has a hobby that takes up a lot of his time.
7. At his high school reunion your mate spends the entire evening talking animatedly to an old girlfriend.

According to psychologists, the most appropriate responses to the quiz questions are those below. Compare your answers to theirs. If five or more are the same, you have a healthy control over jealousy. Four or fewer indicate that you let jealousy control you.

Question 1: *a*—Why get upset over something from the past? Your husband is entitled to keep his memories.

Question 3: *a*—If you feel more than slightly jealous over a friend's good fortune, your insecurity is showing.

Questions 2, 4 and 6: *b*—Your mate's behavior is legitimate, but it's understandable if you feel a bit jealous. Tell him how you feel.

Question 5: *c*—Although your daughter's friendship with your sister does not justify intense jealousy, the fact that she is excluding you from happenings in her life can certainly provoke this feeling.

Question 7: *c*—Talking to an old girlfriend is harmless, by but ignoring you, your mate is deliberately antagonizing you. —Marcia Rosen

INCONSIDERATE HUSBAND

Q **My husband often brings friends and co-workers home for dinner unannounced. I resent that he doesn't ask me first. I've spoken to him about this, but he slips right back into his old habit. Why does he do this?**

A It would make more sense for your husband to call before he brings guests home—to see if *you* want to entertain. But the fact that he doesn't do this, even though you've asked him to, suggests that either he is very inconsiderate or that the problem is more complex. Perhaps your husband is insecure and tries to win the approval of others by entertaining them. He may have such a strong need to be liked by his friends and co-workers that he doesn't ask you if he can bring them home because he's afraid you might say no.

If you feel that your husband is insecure, try to help him see that entertaining others doesn't guarantee their friendship. But you should also start standing up for *your* rights. The next time your husband brings guests home unannounced, suggest that he order food from a take-out restaurant.

Sonya Friedman hosts Sonya Live in L.A. *on CNN and is the ABC Talk Radio psychologist.*

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Double Take

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BOOK BONUS



Tom Arma

She'd do almost anything to comfort her forlorn children, but what about her own needs? An excerpt from *Her Mother's Daughter,* the new best-seller by the author of *The Women's Room*

After my DIVORCE

We moved into the apartment in Mrs. Nowak's house in time for the kids to start school. It looked shabby and bare, especially by comparison with the furniture store we'd been living in, and we were all a little irritable despite Mrs. Nowak's pot of stuffed cabbage, sent up for our first evening meal. I found myself concerned with the placement of chairs and knickknacks in a way I hadn't been since my first one-room household with Brad—strange, given the little I had to work with here. I, who never in my life had been able to sew on a button (it took me two or three attempts before I got it sewn on the proper side of the garment), found myself shortening curtains and using old drapes to make swags for the living room and my bedroom *(continued)*

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By Marilyn French



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AFTER MY DIVORCE
continued

windows. I suddenly began to pay attention to food prices and set myself challenges to make wonderful meals out of nothing—and succeeded, too. I was doing this for the children.

Because they were a couple of wrecks. They squabbled all the time, burst into tears at nothing, were surly and sulky and as relentlessly grouchy as I was cheerful. I tried to jolly them out of the blues, to make an adventure of poverty, but they were having none of it. They came near to killing each other in arguments about such things as whose T-shirt got accidentally tossed into the dark wash and turned pink (they both wore the same size).

And there was I, only I, alone. I knew the divorce was my fault—it didn't matter how you try to work things out on a moral scale of judgment—my feelings, my behavior, had cost them a father and a nice big old house. Most of all, it had required them to leave a school they knew and enter a new one as strangers, to make all new friends, to suffer the initial loneliness and fear. Everything was my fault. They felt that way, and truthfully, so did I. It was up to me to make things better however I could. I tried; I violated the old me as far as I could imagine. No longer a wife, I finally became a domestic.

Still, although I learned to be firm and quash the children's vituperation for each other, I couldn't touch their unhappiness. I could keep them quieter but not content. Billy would come home scowling every afternoon and turn on the television set; when I forbade watching television in the afternoon he went to his room and lay on the bed staring at the ceiling.

Arden stalked home early, too, at first, and would walk in with her head high, eyes glaring, a surly answer to my cheerful "How was school today, honey?" She'd refuse even Oreos and milk. She'd go to *her* room, slam the door and sit and read all afternoon. I'd knock on her door and enter at a growled (insofar as a ten-year-old can growl) reply and ask her what was the matter. Proud head still, "You wouldn't understand," she'd shoot at me. "Try me, I was a kid once," I'd say, laughing, but she was having no laughing. Glaring eyes: "I don't care to discuss it." And that was that.

I was overwhelmed by how little I had done for my children. My mother, with no money and little education, had managed to take us kids to the zoo, the circus and the opera.

And what had I done? These past four years or so Brad had earned a lot of money, but the only trips I'd taken my kids on were to railroad yards or the backs of shopping malls, where I took photographs. I hadn't even taken them to a zoo.

I had been selfish and self-involved. I was a rotten mother. I was a rotten person. Such thinking made me squeamish with self-hatred, and I tried to find ways to comfort myself. I had always been affectionate with the children, physically and otherwise; I had always listened to them. I had answered their questions. Wasn't that worth something? I hadn't sighed or turned away from them; I hadn't treated them like troublesome burdens. That was good, wasn't it?

From the looks of them just then, it didn't seem so.

I had to do something. Having had no luck talking to them separately, I would talk to them together. I waited until Sunday morning, after making them a nice breakfast of waffles (which they barely touched. Why hadn't I gotten them the kind you make in the toaster, as I usually did, they wanted to know.) I poured myself another cup of coffee. "You know, kids, you've both been awfully grouchy and unhappy since we moved. Since Daddy and I got divorced. Would you tell me what's bothering you?"

> "It's fun to have to make all new friends in the third grade," Billy drawled sarcastically. "And to have a room with no space for my toys."

Silence. Hostile stares.

"Do you miss the old house? Your friends?"

"Of course not," Billy drawled sarcastically. "It's fun to have to make all new friends in third grade. And to have a room with no space for my toys."

"I hate my room!" Arden announced.

"I'm really sorry," I said sincerely. "Sorry you don't like your rooms and sorry you have to start in a strange school. But you know you'll make friends. It's hard, but you will."

"I won't!" Billy shouted. "I hate all those kids."

"They're stupid!" Arden agreed.

"They're not all stupid," I said calmly. "Arden, didn't you go to Joyce Lench's house to play last week?"

She nodded.

"See? You're making friends."

"She has friends!" Billy exclaimed, his face red with the strain of letting his anger out. "*I* don't! It's different for girls!" The word *girls* dripped with contempt. "They talk all the time, talk and giggle. Stupid!"

"He'll never make friends!" Arden spat at him. "He's too scared!"

"I am not!" he shouted. Billy was full red now. "You—" he began to rise from his chair.

"Calm down, Billy," I ordered. "Maybe she's right. Maybe you're shy. But most people want to make friends. You have to try. You have to talk to them. They'll want to talk to you."

"They don't! They don't! I have so tried! What do you know about it?" His eyes began to run, and his cheeks were splotchy, and he jumped from his chair, tipping it, tore off into his room and slammed the door.

Arden watched him with fury. "Baby!" she muttered.

"So what are we going to do about your room, toots?"

"Oh, Mommy!"

"You know what we could do?" I said. "We could paint a mural on the long wall beside your bed. We could paint a big window, with the sun coming in, and trees outside, and flowers, or whatever you wanted."

"That's stupid! It's stupid!" She was near tears, too.

"It would be fun!" I went on cheerfully. "We could do it together, and you can order anything you like to go in it. You could have houses, or animals, or children playing . . . whatever!"

"Train yards and factories! That's what you think is pretty! That's what you'd put in it!" She jumped down, too, then and ran into *her* room and slammed the door. The house reverberated with silence.

I cleaned the kitchen.

I wheedled and wormed my way into a part-time job as a file clerk, receptionist and switchboard operator at the *Long Island Herald*. They paid minimum wage but were willing to have me from nine to twelve, five days a week, and I was close enough to home to drive back hurriedly so I'd be there when the kids came in for lunch. And I told myself that the job might help me get work as a photographer.

After taxes and deductions, I took home practically nothing a week. Still, the money helped: It paid, for instance, for the paint needed to decorate Arden's wall. She came *(continued)*

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Escondido: D'Agosta Shoes
Eureka: Maurices Shoes
Hanford: Cassidy Shoes
Hemet: Dora's Shoe Tree
Long Beach: Bodell's Shoes
Modesto: Shoe Box
Newark: Joyce-Selby Shoes
Newpark Mall
Newport Beach: Hemphill Shoes
Palo Alto: Joyce-Selby Shoes
Stanford Shopping Center
Pasadena: Salomon's Wide Shoes
Porterville: Cassidy Shoes
San Bernardino: Mr. Belton's Fine Footwear
San Leandro: Joyce-Selby Shoes
Bayfair Mall
Santa Barbara: Michel Levy
Rodenbeck's Shoes
Seal Beach: Bodell's Shoes
Stockton: Joyce-Selby Shoes
Weberstown Mall
Vallejo: Higgins Shoes
Ventura: Rains Shoe Company
Visalia: Brown Shoe Fit
Walnut Creek: Joyce-Selby Shoes
Broadway Plaza
Westminster: Salomon's Wide Shoes
Whittier: Earl Douglas

COLORADO
Boulder: Feet First
Smith Shoe Co.
Colorado Springs: Brown's Shoe Fit
Joyce-Selby Shoes
Citadel Mall
Ft. Collins: Lady's Fine Shoes
Grand Junction: Benge's

HAWAII
Aiea: Joyce-Selby Shoes
Pearl Ridge Mall
Honolulu: Joyce-Selby Shoes
Ala Moana Mall

IDAHO
Lewiston: Paulucci's

MONTANA
Billings: Village Shoes
Bozeman: Eghert's Shoes
Butte: Sophies
Great Falls: Village Shoes
Plentywood: The In Step

NEVADA
Las Vegas: Joyce-Selby Shoes
Fashion Show Mall
Joyce-Selby Shoes
Meadows Mall

OREGON
Medford: Norris Shoe
Salem: The Shoe Box

WASHINGTON
Bellevue: J & S Shoes
Bellevue Square
Spokane: The Crescent
Tacoma: Barcliffs Shoes
Walla Walla: The Shoe Shop

WYOMING
Casper: Terrells Shoe Salon
Cheyenne: Dick's Bootery

AFTER MY DIVORCE
continued

home from school a few days after our talk and asked, "Well, when are we going to do it?"

"Do what?"

"Paint my room. I want the other walls pale pink and the mural with a blue sky and yellow sun."

"Oh?"

"You said you would."

"I thought you didn't like the idea."

I discovered she had mentioned my idea to some other girls, and they had oohed and ahhed and said they wished their mothers would let them do that. "They want to come and see it, so when can you do it? Today?"

We started it over the weekend but didn't finish for a month. Then there began a parade of ten-year-old girls marching through the house to view with awe a large window over Arden's bed, a tree outside and sun pouring down from above, billowy white curtains on either side of the frame, a beagle, a cat and some flowers. After this was done, Arden stared at it thoughtfully. "It needs something here," she pointed to the horizon on the right. She was right. The tree dominated the foreground.

"What would you like?"

She wanted some factories, squat buildings with tall smokestacks rising from them.

"Why would you want things like that?"

"You seem to think they're pretty; you keep taking pictures of them," Arden said. "So maybe they are."

Things were harder for my eight-year-old. Billy remained friendless and sulky. I kept (cheerfully) making suggestions: Boy Scouts (Nah! Boring!), my old stamp collection (that occupied him for a few weeks), basketball (there was an old hoop still attached to Mrs. Nowak's garage, a remnant of her son's youth. That was a successful idea until the hoop, rusted with age, fell off the garage). Finally, I suggested music lessons: "Maybe you could play in the school band."

This appealed, I don't know why. Billy went to the bandmaster, who received him with open arms and handed him a sousaphone. A sousaphone! Billy was given a free lesson each week and was allowed almost immediately to play in the band. All that was required was that he and I manage to shove, stuff and slide the monster into the backseat of my two-door car every Thursday and Saturday; and that I listen daily while Billy practiced. It did not seem to me that my son was a budding musician. But I was patient. I never complained. And if I was grateful when he decided to switch to the trumpet, I did not let him know it. But then he had found a couple of friends played basketball in front of their garages every afternoon and practiced his instrument hardly at all.

I spent Christmas Day alone. The children were with their father. I'd chosen to stay home. I sat in that apartment staring out at the gray winter sky and sipped coffee and let things wash over me. I'd been so busy being cheerful and a good mother that I hadn't let myself think about myself in months. What kind of life did I have? Was it any better than when I was married? Mindless work five mornings a week, afternoons spent doing laundry, marketing, cleaning the house, errands, evenings at home until I thought I'd go buggy—and here I had a built-in baby sitter in Mrs. Nowak. I was narrowing myself to a circle of three. The children were all I had to care about; they were all I had to think about. Except myself. And the last person on earth I wanted to think about was myself.

Hopeless, hopeless. I kept wiping my hand across my face. I drank so much coffee I felt ill, so I switched to tea until I felt ill with that as well. I never



lid eat. I didn't feel like opening a can f soup for Christmas dinner. I was too usy feeling sorry for myself. At some oint, I realized I was hunched over in ny armchair in the dark. I shook myelf. I went into the bathroom and vashed my face. I went into the kitchn and munched some Saltines. I went o my desk and pulled open the picture ile that stood beside it.

I'd been taking pictures, if less and ess often (film is expensive), during ree afternoons. I decided then that I vould experiment in a methodically erious way, with different cameras, enses, films, lights, angles. I would each myself photography in a scientifc way. That decision kept me from ears. It even kept me going for some ime. But it was a decision made in espair, and I knew it. I was doing nake-work. I, who had joked contempuously at ladies' needlepointing, knitting, crocheting. Make-work for the ile, I'd snorted. Yes.

n my year at the *Herald*, I submitted hotographs to the picture editor from ime to time. I could see it upset him to ave to reject any, so I didn't show him nything unless I thought it was exctly the sort of thing the paper want-d. They had bought a half-dozen of hem, at fifty dollars a shot. I kept that money apart, for myself. It paid for my film, developing fluid and printing paper. I'd moved out into landscapes, having bought a wide-angle telephoto lens, and I'd occasionally take the sort I knew they liked—two lovers by a lake in spring, a pretty girl sunning herself on the grass in the park. Cheap shots, but I wasn't thinking about integrity. I needed the money to continue my . . . what was it? Certainly I couldn't call it my profession. Hobby, I guess. Hateful word.

I took many pictures for myself, though. I was experimenting still, trying different points of view. Sunrise Highway was being widened and was torn up. There were huge machines parked along the lanes, but men still worked with pickaxes and shovels. I took a series of shots of those men, looking up toward them, emphasizing their arms and bare chests. I kept the light down and used slow film to get depth, sharp contrasts that showed every muscle and sinew in their bodies; and I shot them, huge against a background of sky. What I was thinking about was, I guess, my own life, so full of arduous tasks despite the mechanization of the world. I knew better, however, than to show *women's* labor. No one was interested in that. No one believed women labored.

The *Herald* liked these shots and used one of them, the one with the best composition: A man was lifting his pickaxe as the others rose from bending to shovel away debris, the sky soft with gold-edged clouds behind them. The dichotomy set up was false: smiling nature, the simple life, versus the huge task of creating civilization, man's work. But it appealed to the *Herald*'s editors. It appealed to others, too, because about a week later I got a phone call from a secretary saying Russ Farrell, of *World* magazine, was calling.

They'd gotten my number from the *Herald*, Farrell said. They liked my work. Did I have a portfolio?

"Yes," I said between heartbeats.

They'd like to see it.

I walked into a small office with big windows in a huge, anonymous building and shook hands with Russ Farrell and his two assistants. I sat on an anonymous black leather couch and watched as the three of them stood over a long table on which they had placed my portfolio. They turned over prints, saying nothing.

"Umm. Umm," Farrell said, turning toward me. "Nice work. How long have you been doing this?"

"Oh, I took pictures as a child, and I've been *(continued on page 207)*

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Boy on Stilts

Gramps at the Reins

Little Ballerina

Christmas Carol

Granpa Snowman

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h ornament is based on an actual *Saturday Evening Post* er. "Gramps at the Reins" is a spirited portrait of grand- l and grandson, galloping away on their trusty steed. y on Stilts" captures the happy abandon of a country lad l his dog. And in "Good Boys," Santa carefully searches globe to discover "who's been naughty and nice." n all, twenty-five cheerful ornaments will fill your heart h gladness and joy in the special holiday season ahead and through all the years to come.

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Good Boys

Shown actual size.

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J-108

EASY AS 1-2-3

A hearty yet quick meal.
Next page, a pasta celebration
and a Halloween party treat



Menu

FOR FOUR

***Italian Blue Burgers**
Cherry Peppers
***Red Cabbage Slaw**
***Apple Crumble with Lemon Sour Cream**

***Recipe given**

Menu developed by Beverly Stephens

ITALIAN BLUE BURGERS

Pick your favorite blue cheese, domestic or imported, and add some mozzarella for a great burger topping.

Preheat broiler. In large bowl combine 1½ pounds ground beef, 1 teaspoon minced garlic, ½ teaspoon salt, ½ teaspoon freshly ground pepper and ¼ teaspoon thyme; mix well. Divide into quarters; shape each quarter into a ½-inch-thick patty. Place on broiler pan and broil 4 inches from heat source 3 to 4 minutes per side for medium-rare.

Meanwhile, in small bowl combine 1 cup (4 oz.) shredded mozzarella and ½ cup (2 oz.) crumbled blue cheese. Sprinkle evenly on patties. Broil 1 minute more or until cheese is melted. Top each with a slice of red onion and serve between slices of buttered, toasted rye bread. Garnish with cherry peppers if desired.



RED CABBAGE SLAW

Red cabbage and yellow pepper give this family favorite a colorful twist.

In large bowl whisk 2 tablespoons distilled white vinegar with 2 teaspoons Dijon mustard, ¾ teaspoon celery seed, ½ teaspoon salt and ½ teaspoon freshly ground pepper. Gradually whisk in ¼ cup salad oil. Add 4 cups shredded red cabbage and 1 julienned yellow pepper; toss until well combined. Place a small red cabbage leaf on each of 4 plates. Spoon equal amounts of slaw on each.



APPLE CRUMBLE WITH LEMON SOUR CREAM

This hot dessert is quick and easy to make in the microwave.

In shallow 1-quart microwaveproof dish microwave 2 tablespoons butter or margarine on High 1 minute, until melted. Stir in 1 can (21 oz.) apple pie filling, 1 tablespoon fresh lemon juice, ½ teaspoon vanilla extract, ¼ teaspoon grated lemon peel and ¼ teaspoon cinnamon. Cover with a sheet of wax paper; microwave on High 4 minutes, until hot.

Meanwhile, in small bowl combine ½ cup sour cream and ¼ teaspoon grated lemon peel.

Just before serving, top apple mixture with 8 gingersnap cookies, crumbled. Add a dollop of lemon sour cream to each serving.

Photos, Irwin Horowitz. Food stylist, Rick Ellis.



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A.1.® Easy Beef Stroganoff

1 pound stew beef (1-inch cubes)
3 tablespoons margarine
1/2 pound fresh mushrooms, sliced
1/2 cup chopped onion
1 cup water
1/2 cup **A.1. Steak Sauce**
1/2 cup sour cream
Confetti Noodles (recipe below) or hot cooked noodles

In skillet, brown beef in 2 tablespoons margarine. Transfer meat to plate. In same skillet, add remaining margarine and cook mushrooms and onion until tender. Return meat to skillet; add water and steak sauce. Heat to a boil. Reduce heat to low; simmer 50-60 minutes until meat is tender. Stir in sour cream. Serve over noodles. Makes 4 servings.

Confetti Noodles: Cook 6 ounces medium egg noodles according to package directions; drain. Toss noodles with 3 tablespoons each: margarine and chopped parsley; and 1/4 cup grated carrot.



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THE GREAT marshmallow pumpkin



The perfect touch for a Halloween party: a confection of a centerpiece the kids can make. After the festivities, scoop out portions and wrap for take-home treats.

Grease a 7-inch pie plate; set aside. In large glass bowl combine 1 cup sugar, 6 tablespoons butter and 1 can (5 oz.) evaporated milk. Microwave on High 10 minutes, stirring every 2 minutes and scraping sides of bowl; set aside. Microwave 1 jar (7½ oz.) marshmallow cream uncovered on Medium 1 minute; stir into sugar mixture with 1 teaspoon vanilla extract. Blend in about 10 drops yellow and 3 drops red food coloring for a pale orange color. Pour into prepared pie plate. Cool 20 minutes before decorating. Use a gum drop for stem, a candy watermelon slice for mouth, licorice lace for eyebrows, and gummy or other candies for nose and eyes. Edge face with candy corn. Refrigerate until firm, about 1 hour.

CREAM SAUCES

Use delicate pastas, such as capellini, bow tie or shell.

Sausage and mushroom In skillet heat 1 tablespoon butter over medium heat. Add 1 teaspoon minced garlic; sauté 2 minutes. Add 1 pound sweet Italian sausage, casings removed, and 2 cups sliced mushrooms; sauté, breaking up sausage, until cooked. Add 1 cup heavy cream; simmer 3 minutes. Toss with 2 tablespoons chopped parsley and hot pasta. Season to taste.

Gorgonzola and peas In skillet heat 1 tablespoon butter over medium heat. Add 1 teaspoon minced garlic; sauté 2 minutes. Add 1 package (10 oz.) frozen peas; cook covered, stirring occasionally, 5 minutes. Add 1 cup heavy cream; simmer 2 minutes. Toss with 4 ounces cubed gorgonzola cheese and hot pasta. Season to taste.

Broccoli and tomato In skillet heat 1 tablespoon olive oil over medium heat. Add 2 teaspoons minced garlic; sauté 2 minutes. Add 3 cups broccoli florets and ¼ cup water; cook covered, stirring once, 3 minutes. Add 1 cup chopped fresh tomatoes and 1 cup heavy cream; simmer 3 minutes. Toss with hot pasta. Season to taste.

OLIVE OIL SAUCES

Spaghetti becomes a new dish when served with these sauces.

Aglio olio In skillet heat 6 tablespoons olive oil over medium heat. Add 1 tablespoon minced garlic and ¼ teaspoon red pepper flakes; sauté 2 minutes. Toss with ¼ cup chopped parsley and hot pasta. Season to taste.

Wild mushroom In skillet heat 3 tablespoons olive oil over medium heat. Add 1 tablespoon minced garlic; sauté 2 minutes. Add 4 ounces each shiitake and cultivated mushrooms, sliced; sauté 5 minutes. Stir in 5 tablespoons olive oil and 1 tablespoon soy sauce. Toss with ¼ cup chopped parsley and hot pasta. Season to taste.

Broccoli and cheese In skillet heat ¼ cup olive oil over medium heat. Add 2 teaspoons minced garlic; sauté 2 minutes. Add 4 cups broccoli florets and ¾ cup chicken broth; cover and cook until broccoli is tender-crisp, 3 minutes. Toss with ½ cup freshly grated Parmesan cheese and hot pasta. Season to taste.

MARINARA SAUCES

Rotelle, penne, radiatore, ridged ziti or rigatoni—with so many new pasta shapes to try, the choice is yours.

Eggplant In skillet heat ⅓ cup olive oil over medium heat. Add 1 tablespoon minced garlic; sauté 1 minute. Reduce heat to medium-low. Add 1 medium eggplant, cut into ½-inch cubes; sauté until tender. Stir in 1½ cups marinara sauce; simmer 5 minutes till heated through. Toss with hot pasta; season to taste. Serve with freshly grated Parmesan cheese.

Bolognese In skillet heat 2 tablespoons butter. Add ½ cup chopped onion, ¼ cup chopped carrot and 1 teaspoon minced garlic; sauté 3 minutes. Add 1 pound ground beef, ½ teaspoon salt and ⅛ teaspoon nutmeg; sauté until meat loses its pink color. Stir in 1½ cups marinara sauce; simmer 5 minutes. Toss with hot pasta. Season to taste.

Aurora In skillet heat 2 tablespoons olive oil over medium heat. Add 2 teaspoons minced garlic; sauté 2 minutes. Add 1½ cups marinara sauce; simmer 5 minutes. Toss with 1 cup ricotta cheese, ½ cup shredded mozzarella and hot pasta. Season to taste.

Photos, Irwin Horowitz. Food stylist, Rick Ellis.



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COUPLES

LOVE BUSTERS

The hidden ways couples turn off to sex and how you can turn your lovelife on again

All married couples have the potential for super sex, yet many American marriages lose passion. Why? Because people don't pay enough attention to their sex lives—and they let them atrophy. It's vital that you continue to give your all to your relationship, because the sexual return in your marriage can only match the time and intimacy invested.

From my five-year clinical study of 1,000 married couples, I've discovered behavior patterns and mind sets that prevent couples from having satisfying sexual relationships. I asked the couples in my study to take the following MIMs—or marital investment minutes—test to determine how much time they spend on their marriage. (Remember, the average couple have 1,800 minutes per week available for relating, after deducting work time and sleep time.) Take the test yourself to see how much time you invest in your relationship.

The MIMs test

Over a seven-day week, estimate the minutes you spend:

1. Talking with your spouse with absolutely no one else around.
2. **Discussing things related only to the two of you, excluding the kids, work, money and daily activities.**
3. Looking at each other, not talking, doing, fixing or fussing—just looking.
4. **Having fun together, playing together in a non-goal-directed activity, without another couple or the kids.**
5. Making love, kissing, hugging, touching in privacy without interruption. Only an extended time counts, not the occasional kiss.
6. **Talking about the future of the marriage. This means your future together, not retirement plans or life insurance.**
7. Discussing world affairs, politics, issues of the day (actually discussing, not one partner complaining to or lecturing the other).
8. **Sitting together while each of you reads or listens to music (do not count TV-watching time. You'll see why later).**
9. Eating quietly together, with no kids or pets or phones or TVs.
10. **In spiritual pursuits, such as attending religious services together.**

Your total weekly marital investment minutes _____ *Turn the page for scoring.*

From SUPER MARITAL SEX, by Dr. Paul Pearsall. Copyright © 1987 by Paul Pearsall. Published by Doubleday.

By Paul Pearsall, Ph.D.

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■ LOVE BUSTERS
continued

Before you can analyze your score, you must reduce your MIMs by a penalty deduction. Subtract the time you spend per week, either alone or with your husband, watching TV. TV addiction is one of the most detrimental influences on the American marriage. As a shared addiction, it is among the worst, because it robs the relationship of time for intimacy while each person participates in the theft.

Total weekly MIMs _____

Minus TV-addiction penalty _____

Actual weekly MIMs _____

Divide your total MIMs by the 1,800 MIMs available weekly. For example, if you estimated a total of 180 MIMs for your marriage after subtracting the TV penalty factor, you would divide the 180 minutes by 1,800 for a Marital Investment Quotient (MIQ) of 10 percent. By the way, if you were near 10 percent, congratulations! The average MIQ of my thousand couples was less than 1 percent!

Are you surprised at how little time you spend together? Most couples are, but they defend their behavior with the line "It's not the quantity but the quality that counts." That argument has never been valid, either in marriage or in raising children. Both quality and quantity are required to nurture a marriage to super marital sex.

Don't worry if your score was low. Learning to value the time you spend with your mate is the first step toward a better marriage. What follows are the ways many couples ruined their chances for intimacy by squandering time, energy and interest. Does your marriage fall into these traps?

GENDER JUNK

He doesn't touch me. He grabs. That's a man for you. **—an angry wife**

She just cuddles. She doesn't really get it on. She's like all women, I guess. **—an unhappy husband**

Marriages continue to struggle with the socially prescribed roles of men and women. "All women want is love; they just put up with sex." "He'll trade a little love for a lot of sex." These and other clichés result in someone getting made love "to" and someone else doing the "making." Super sex depends on changing sex roles as the marriage evolves rather than surrendering to stereotypes.

The work of Drs. Pepper Schwartz and Philip Blumstein, in their study of American couples, suggests that men are eroticized and women are romanticized. This pattern was present in the reports of my couples as well, but the interviews revealed that men knew there was another way to be—they just needed permission, help and support to become more romantic.

Ask yourself how much of your marriage is dictated by gender junk: obligatory, involuntary sex roles. Does your marriage allow you to be a little bit of everything? One husband described his wife as wanting sex to be over with quickly. "She does not want to hold," he said. "She wants me on and off. She says that's how a man should want it." This wife was trapped by the gender junk that can block intimacy.

PATTERNED PREDICTABILITY

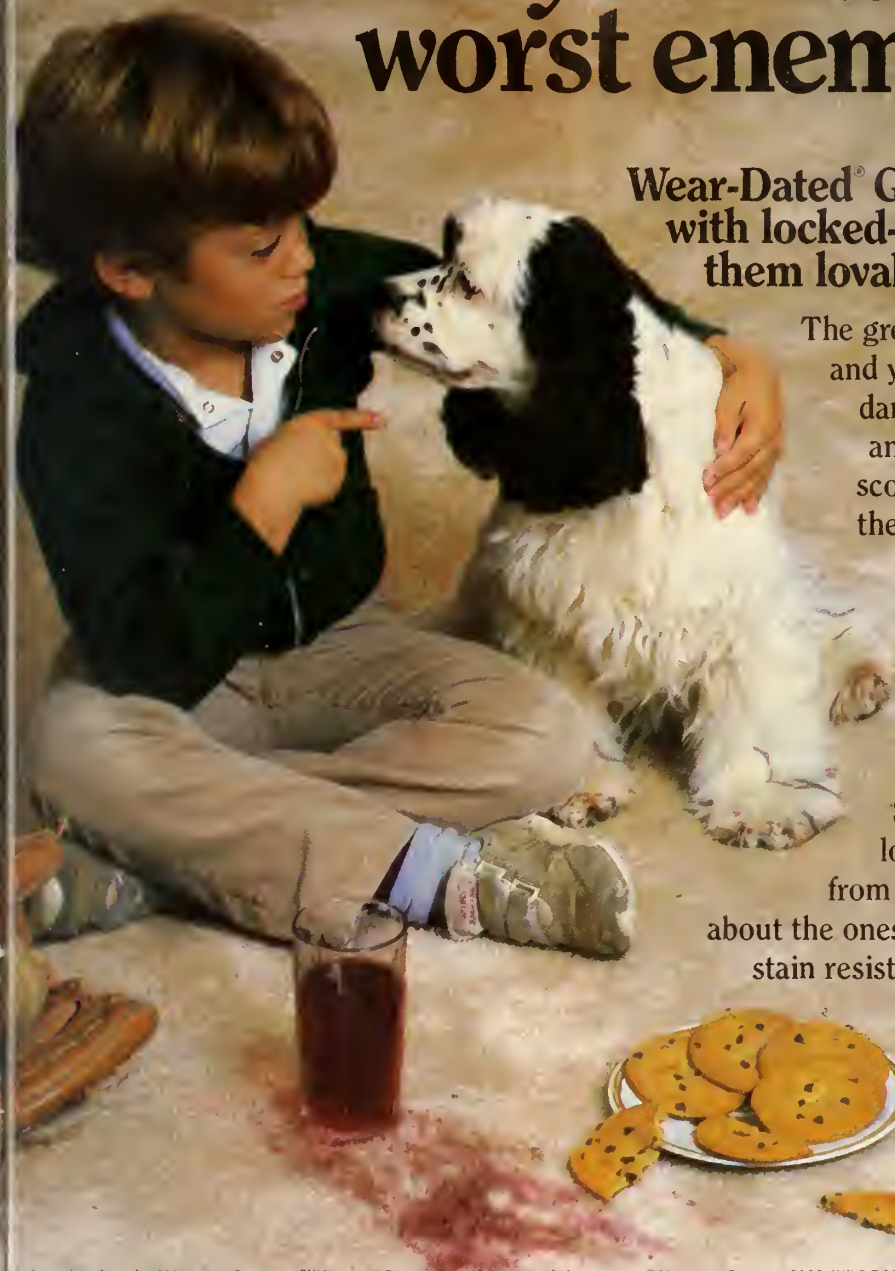
If this is Saturday, we'll probably do it.
—a frustrated wife

If we are bored, we think our marriage is dull, that our partner has become boring or that familiarity has rendered him less stimulating.

It's important to remember that patterns are not necessarily signs of stagnation. They evolve when couples tune in to each other, know so much about each other that they can fulfill each other's emotional and physical needs.

Unless a couple learn that stimulation comes *(continued on page 201)*

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LHJ10

COOKING FOR TODAY

By Patricia Wells

These special recipes from the new book The Food Lover's Guide to France *are perfect for fast, easy gourmet entertaining*



FRESH BLUEFISH WITH ONIONS AND CHILI PEPPERS

In typical Basque style, chef Aquirre, of the Bayonne bistro Euskalduna, serves onions topped with mildly hot local green peppers. Here the onions serve as a vegetable rather than a garnish, so don't be surprised by their quantity. They are cooked with a touch of vinegar and ground red pepper, giving the dish a nice punch.

Prep time: 20 minutes
Cooking time: 20 minutes

- **¼ cup olive oil**
- **1½ pounds onions, sliced thin**
- **6 garlic cloves, lightly crushed**
- **¼ cup distilled vinegar**
- **Salt**
- **¼ teaspoon ground red pepper**
- **4 bluefish fillets (about 6 oz. each)**
- **⅔ cup dry white wine**
- **1 small jalapeño pepper, seeded and chopped**

In large Dutch oven heat oil over medium-high heat. Add onions and garlic; sauté until onions are lightly browned, about 15 minutes. Add vinegar, ½ teaspoon salt and red pepper. Bring to a boil; boil 1 minute. Place fish skin side down on top of onions in Dutch oven. Add wine; cover and simmer until fish is opaque, 6 minutes. Sprinkle with jalapeño and salt to taste. Makes 4 servings, 405 calories each.
(Editor's note: This recipe is adapted from a fresh tuna recipe that is a specialty of the house.)

CHEZ TANTE PAULETTE'S CHICKEN WITH GARLIC

I love the way the house smells as this dish—a garlic lover's delight—simmers away on the stove. Chicken with forty cloves of garlic is a rather traditional French dish, but I'd never sampled it in a restaurant before visiting Lyon's Chez Tante Paulette. I'm almost embarrassed to say that in one sitting, my friend (continued)

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RIGHT AT HOME

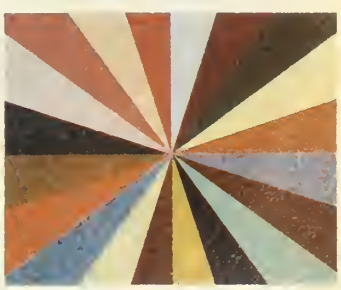


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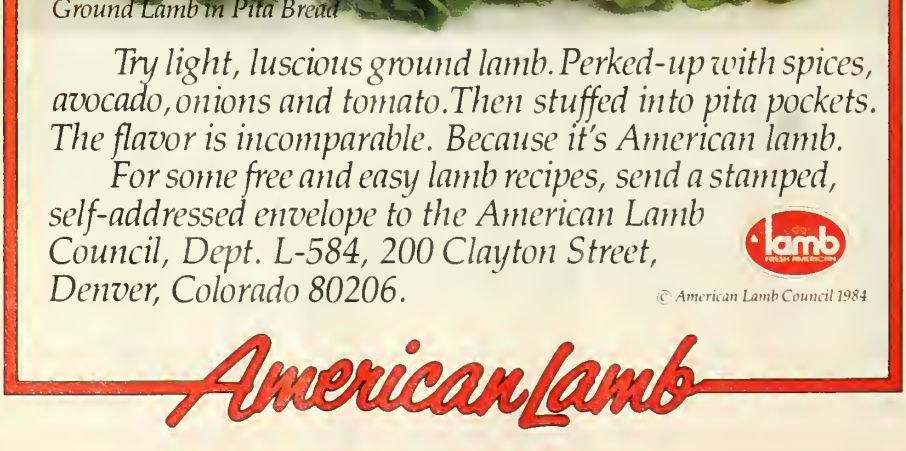
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For some free and easy lamb recipes, send a stamped, self-addressed envelope to the American Lamb Council, Dept. L-584, 200 Clayton Street, Denver, Colorado 80206.

lamb

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American Lamb

and I polished off the entire platter. like to think it was a small chicken Actually, the quantity of garlic is not a formidable as it appears, for as the gar lic cooks, it turns rather mild, absorb ing the wine and cognac essence You'll enjoy the dish even more if yo pick up the golden-brown cloves wit your fingers and suck out the sof tender garlic. Do make an effort to fin fresh, large, meaty cloves of garlic. An if you truly love garlic, don't limit your self to forty cloves. The dish makes very pretty presentation, a harmony o golden tones. Serve it with a simpl green salad and a hearty red wine.

Prep time: 10 minutes
Cooking time: 35 minutes

- **1 broiler-fryer chicken (3 to 4 lbs.), cut into serving pieces**
- **Salt and freshly ground pepper**
- **3 tablespoons olive oil**
- **1 tablespoon butter**
- **About 40 large garlic cloves, unpeeled**
- **1 cup dry white wine**
- **8 slices French bread**
- **2 tablespoons cognac or good-quality brandy**
- **¼ cup chopped parsley**

Rinse chicken and pat dry with pape towels. Season with salt and pepper. I deep, large skillet heat oil and butte over high heat. When fat is hot but no smoking, add chicken and cook unt golden brown, about 5 minutes pe side. Transfer chicken to a plate. Re duce heat to medium-high. Add garli to skillet, reserving 1 clove. Retur chicken to skillet. Cook, shaking ski let frequently, until garlic skins ar lightly browned, about 10 minutes Slowly add wine, scraping an browned bits from bottom of pan. Cov er and simmer until chicken is cooke through, about 10 minutes more.

Meanwhile, toast bread. Peel an cut reserved garlic clove in half. Ger erously rub toast with garlic on bot sides. Set aside.

In small saucepan heat cognac o brandy over medium-high heat 20 t 30 seconds. Ignite with a match an pour over chicken, shaking skille quickly until flames subside. Cook shaking skillet, 2 to 3 minutes more.

To serve, place toast on a warme platter. Arrange chicken and garlic o top; pour on sauce from skillet. Sprin kle with chopped parsley and serve im mediately. Makes 4 servings, 660 cal ries each.

BRETON PRUNE CAKE FROM PONT L'ABBÉE

ne rainy Thursday in August, while andering about the charming Pont Abbée market, I passed a pastry stand s a trio of salesladies busily unpacked small truck full of warm, still-steam-g far Breton, or prune cake. I bought slice, headed straight for the nearest ıfé and enjoyed one of the more memo-ıble breakfasts of my journey through rance. On returning home, I tested ıd tested and tested until I got this)mey French dessert to taste just the ay I remembered. Far Breton is a ıick, pleasing treat that can be tossed gether in minutes.

rep time: 10 minutes plus standing
aking time: 35 minutes

- **1 package (10 oz.) pitted prunes**
- **2 tablespoons rum**
- **1 vanilla bean, split and seeds removed (reserve seeds)**
- **½ cup all-purpose flour**
- **½ cup sugar**
- **5 eggs, lightly beaten**
- **2 cups warm milk**

ı medium bowl combine prunes, rum ıd vanilla bean seeds. Let stand)out 15 minutes.

Preheat oven to 450°F. Lightly but-r an 8-inch-square baking pan. In rge bowl combine flour, sugar and ;gs; whisk until blended. Whisk in ilk, then stir in prunes with rum and eds. Pour batter into prepared pan. ake 10 minutes. Reduce oven tem-:rature to 350°F. and bake 25 min-.es more or until done. Serve warm or . room temperature. Makes 8 serv-gs, 265 calories each.

TARTE TATIN

his is the simplest, most foolproof rte Tatin recipe I know. A perfect rte Tatin should be nothing but well-:ramelized apples and a layer of thin ıstry. Use the best baking apples)ailable. Short of that, use Golden De-:ious apples, which produce a deli-ous tart when they are properly cara-elized. The apples remain in huge ıunks, making for an honest, rustic rt. The clear glass baking dish lets)u see if any apples are sticking as you rn out the tart. This may seem like a t of apples for a single tart, but they ok down quickly.

rep time: 25 to 30 minutes plus chilling
aking time: 20 minutes



Pastry

- **1½ cups all-purpose flour**
- **7 tablespoons unsalted butter, cut up**
- **1 tablespoon sugar**
- **1 egg, lightly beaten**
- **Pinch salt**
- **About 1 tablespoon water**

Filling

- **½ cup unsalted butter**
- **7 to 8 tart green apples, peeled, cored and quartered**
- **1 cup sugar**

Pastry: Place flour in a large bowl. Make a well in center. Add butter, sugar, egg and salt. Mix with fingers, very gradually working in flour. Sprinkle on water as needed and knead until well blended. Wrap pastry in plastic wrap. Chill 30 minutes.

Filling: In deep, large skillet melt butter over medium-high heat. Add apples and sugar; stir to combine. Cook 10 minutes, stirring occasionally, so apples don't stick. Increase heat to high and cook, stirring occasionally, until apples are a deep golden brown, about 5 minutes more. (Be careful not to burn apples.) Transfer filling to a 10-inch glass pie plate.

Preheat oven to 425°F. On lightly floured surface roll pastry to an 11-inch circle. Place on top of apples, tucking edge of pastry into dish. Bake 20 minutes or until filling bubbles and pastry is golden brown. Carefully invert onto a large heatproof serving platter. Serve warm or at room temperature. Makes 8 servings, 430 calories each. **End**

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Imagine a resort that doesn't simply schedule activities, but plans adventures. So instead of j



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some things to do, you can do some things that perhaps you've never done. Like climbing a tropical waterfall. Exploring the ruins of an ancient civilization. Or simply playing the day away on a private island reserved exclusively for you.

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LOOKING GOOD

By Constance Leisure



Above, many of Bogner's newest designs for the slopes hove slim pants that fit over ski boots. The jackets have built-in hoods

high-tech fashion

Skiwear is now such a pacesetter that what's seen on the slopes this season is likely to influence coat and outerwear fashions later available in department stores. ■ Skiwear usually sports state-of-the-art insulation, waterproofing and fabrics that perform a variety of functions. But high tech doesn't mean low fashion appeal. Today's skiwear combines the desirable features of right-now fashion with comfort and durability. ■ The super-lightweight insulations introduced this year allow for a very slim silhouette that's still warm and waterproof. One example of the new skinny gear is a streamlined one-piece suit with big shoulders and a narrow waist accented with a belt. Legs look long and lean, though decorative details or subtle puffs at the ankle are also popular. ■ Jackets are emblazoned with imaginative designs—seascapes, Aztec or animal prints, futuristic symbols. Outer shells of lightweight fabric range from waterproof matte cotton solids or prints to shiny iridescent cloth to distressed denim to textured jacquards. Dramatic detailing like patches, logos and western fringes is also a hit on the slopes. ■ Bogner, a leading skiwear manufacturer whose designs are inspired by European fashions, is showing blacks and whites, waterproof brights and frosted pastels in a variety of high-tech fabrics: crinkle, nylon, shiny and matte stretch. ■ This year ski pants are available in four-way-stretch waterproof fabric. ■ On-slope accessories include jackets with detachable fur collars and matching hats, medieval-style fabric helmets that snap beneath the chin, and jewel-studded gauntlet gloves. ■ The ever-popular oversize sweatshirt or sweater over skinny slacks is still the trendiest après-ski look.

GREAT *new products*



■ **Thick-Ends from Sebastian is a conditianer specifically for the bottom few inches of your hair. The gel is rubbed into towel-dried ends and left in as you style ar blow-dry. It actually seems to thicken individual hairs and to add volume withaut a tacky or greasy feeling. Sebastian products are available at most beauty salons.** ■ **Vidal Sassoon Protein Enriched Hair Spray provides hold and control—yet leaves your hair lustrous. Use it instead of gel or mousse when extra bady or special hold is needed. Unscented and free of ail and lacquer, it comes in a canvenient pump bottle.** ■ **Flex Styling Mousse from Revlon comes in a new alcohol-free, medicated formula designed to fight dandruff.**



Easy-on-the-joints EXERCISE

Rebounding, or jogging on a mini-trampoline, is the newest home exercise fad. All you need are a mini-tramp, socks and sneakers, according to Denise Austin, host of *Getting Fit* (ESPN Sports Cable Network) and author of *1-Minute Exercises* (Random House). ***Why rebound?*** The advantages of working out on a rebounder are less stress on the joints than jogging and the capacity to exercise anytime, anywhere. ***Easy aerobics*** Like other aerobic exercise, rebounding should be done for twenty minutes at least three times a week to improve fitness levels. Austin says that to get rebounding's cardiovascular benefits, it's important to get your legs up high—knees should reach hip level. Once you're comfortable on a mini-tramp, try some variations: jumping jacks, arm circles, knee kicks and twists for the waistline. ***Before and after*** Before beginning, always do a calf-muscle stretch warm-up to prevent damaging your Achilles tendon. Afterward be sure to do several minutes' worth of cool-down exercises—as important to your conditioning as your actual workout is. ***No more bags*** An added bonus of rebounding, says James R. White, Ph.D., director of the exercise physiology and rehabilitation laboratory, department of physical education, University of California at San Diego, is that it can help get rid of under-eye bags. Clinical observations have shown that vigorous regular exercise not only causes the loss of body fat but also redistributes fluids so fatty tissue like that under the eyes can disappear.

THE LOUISIANA TRAVELER



Hillary C.
Cincinnati, Ohio

"Sometimes I couldn't understand our driver because he used a lot of weird French words, but I think he knows everybody in the French Quarter...even the funny man with his face painted white who acted like he was stuck inside a box—he gave me these pretty flowers.

"Our horse's name is Hurricane, and he's been pulling this carriage for fifteen years!

"There sure are a lot of things in New Orleans that I wish we had at home...like beignets and riverboats, street cars and crawfish and a huge zoo where I walked right over a swamp full of alligators. I bet none of the boys in my class have ever done that!"

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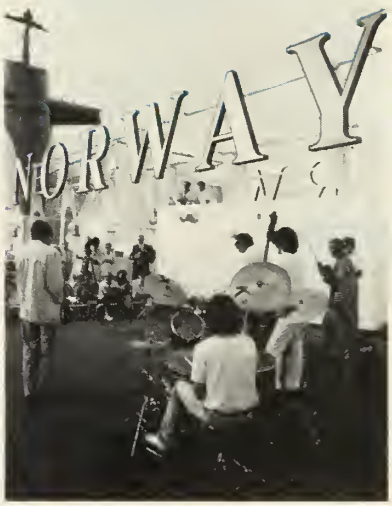
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TRAVEL TALK

By Ron Butler



Sailing the high C's



Cruises are a terrific vacation escape, especially when the fun includes live musical acts. Can't wait to sail the seas? There's still room on 1987 cruises

Many major cruise lines this year are offering something on a different note: cruises with musical themes ranging from big-band swing to country to rock 'n' roll.

According to the Cruise Line International Association, theme cruises have always been appealing—fitness cruises, stop-smoking cruises, literary cruises with famous authors, and cruises for those with an interest in psychic phenomena are just a few of previous seasons' special-interest trips. This year's top theme is music.

Norwegian Caribbean Lines' popular *Norway*, which sails from Miami every Saturday, features two back-to-back floating jazz festivals. The October 17 sailing includes Cab Calloway, Louis Bellson and other jazz greats. The following week's lineup will display the talents of Sarah Vaughan, Dizzy Gillespie and Joe Williams. Band performances, informal jam sessions and lectures are all part of the fun. In addition, the *Norway* offers performances of the Broadway musical *Barnum*.

The ship's ports of call include St. Maarten, St. John, St. Thomas and Great Stirrup Cay, a private out island in the Bahamas. Included in the price of the jazz cruises are first-class accommodations, all meals, full use of all shipboard facilities and round-trip air fare from 140 U.S. cities. Prices range from $1,195 to $2,840 per person, depending on cabin choice.

Cruises to Latin America are becoming more and more popular, too. Royal Viking Line books such stars as bossa nova queen Astrud Gilberto, the "Girl from Ipanema" herself, on its Rio Samba! cruise between New York (departing October 24) and Rio de Janeiro.

Admiral Cruises' *Emerald Seas*, sailing between Miami and the Bahamas, features Lee Castle and the Jimmy Dorsey Orchestra (October 12), Opryland at Sea (October 19) and Country Cruise (November 30). Other big-band, country and fifties-rock-'n'-roll theme cruises are scheduled through December.

Regency Cruise Line will host its Jazz Festival-at-Sea (September 1988) aboard the *Regent Sea*. It will sail between Vancouver and Los Angeles.

For more information on these tours, call your travel agent.

the smart traveler

Overseas travelers in the know have long been aware of the outrageous surcharges frequently added to their hotel phone bills for long-distance calls. (It's best to reverse the charges or call from a local phone-telex center.) Now a growing number of U.S. hotels are drawing travelers' ire by adding fifty cents to a dollar in surcharges on all phone calls, even those attempted but not completed. (Repeated busy signals can quickly add up to five or six dollars.) If you don't see a written phone-charge policy in your room, be sure to check with the hotel operator or front-desk personnel before making any local or long-distance calls. On the brighter side, some American hotel chains, such as Hampton Inns and Motel 6, now provide free local calls as a service to guests.

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My best vacation

Jamaica, with its creamy white sand beaches, beautiful weather and tall, spicy rum drinks, has always been one of my favorite places to visit," says Erica Rose, of Hartford, Connecticut, who often travels to pursue literary interests.

"Ian Fleming wrote twelve of his James Bond thrillers while wintering on the island," she continues. "Noel Coward had a winter home near Ocho Rios. It's now owned by the National Trust of Jamaica and is open to the public.

"The house contains the piano where Coward sang 'Only Mad Dogs and Englishmen Go Out in the Midday Sun' for visiting friends. He's buried behind the house.

"Errol Flynn discovered Jamaica in the fifties and bought a hotel in Port Antonio, which eventually burned down.

"Many of Jamaica's hotels are a bit on the wild side these days, with 'couples only' and such. But the fashionable Jamaica Inn, in Ocho Rios, never changes. It's classy and elegant [$85 to $97.50 per person, double occupancy]. Its lush surroundings and quiet, genteel air recall finer days indeed. I know I'm back in Jamaica," Rose concludes, "as soon as I walk through the door."

For more information, write the Jamaica Tourist Board, 866 Second Avenue, New York, NY 10017; 212-688-7650.

WOMEN GETTING AHEAD

By Shirley Sloan Fader

NEW TEMPORARY OPPORTUNITIES

You'll receive an enthusiastic welcome and many new career advantages if you decide to register for temporary work now that your children are back in school. Nowadays, temp positions are available even for professionals, such as nurses, accountants, travel agents, bookkeepers, lawyers, executives, high-tech specialists, engineers and doctors. Because a national shortage of temps has developed recently, many temp employers this year are offering more extras like these to make the work especially worthwhile to you: health insurance, paid vacations and free word-processing and computer training. As a temp, you'll find that hourly pay often matches full-time pay in your geographical area. If you live in a suburb and are willing to commute, you may find higher pay in the city because of greater demand there. Register with a number of agencies so you can keep as busy as you want to be. You'll also be able to choose among jobs. If you decide to work full-time, you'll find that temping allows you to get acquainted with various employers and kinds of positions; more than half of temps wanting permanent jobs find them through their temporary assignments.

Q Do I have to attend?

The company I work for hosts an employee-family party on a Sunday each year. My husband is willing to go, but I really don't enjoy big parties. May I just skip it?

A There's a real danger that people you work with every day will consider your absence a personal snub. It may look as if you don't think them worth socializing with. You would also be passing up what could be a valuable career opportunity. This is your chance to socialize with different coworkers. You may meet key people and learn of interesting job options in the organization. At the very least, you'll make new acquaintances. And the next time you must deal with another department, you may be able to phone someone you know for help rather than have to work with a stranger.

Q Get it going

The travel agency I work for wants a local company to use us for its executives' business travel. I sent our proposal to a friend in that company, but she seems afraid to pass it on. How do I expedite this situation?

A Trying to work through a rather powerless subordinate is a very common job mistake. When you contact the proper person, you produce action. Send your proposal directly to the top. Though the chief executive may not handle your project, he will route your material to the correct manager. This doesn't mean you'll automatically get what you want, but you'll have the attention of the right person; you can build from there. Stop wasting time with your reluctant friend. She will probably give a timid, ineffectual presentation—if she ever gets around to giving one at all.

Q $$$ careers

I understand that big money can be made in trade and industrial sales. What exactly is involved in this kind of work? How good are a woman's chances of breaking in?

A According to a Research Institute of America marketing and sales survey, the number of companies employing women as sales representatives in recent years has risen 58 percent. Both trade and industrial sales are usually nine-to-five jobs. Many potentially pay $30,000 to $50,000 and up. The better positions, in which salespeople sell big quantities or high-priced items, offer a salary plus commission. What's the difference between the two types of sales? If you're in trade sales as a toy manufacturer's representative, for example, you sell to consumer-toy outlets. In industrial work, you deal with buyers who use your products to create other goods or services. Look for employers who help you get started by offering a training program.

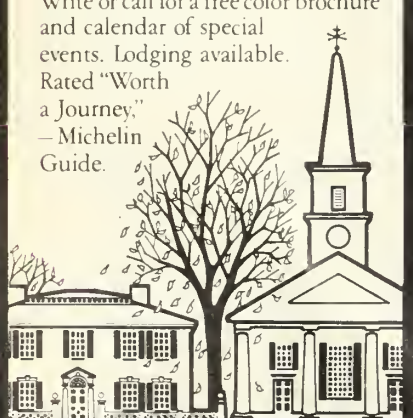
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¼ cup chopped almonds

1. Measure corn syrup and sugar into large saucepan. Cook over medium heat, stirring constantly until sugar is dissolved and mixture bubbles. Remove from heat. Stir in almond extract. Add *SPECIAL K* cereal and almonds. Stir until well coated.
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Yield: 24 bars. 1 bar = 70 calories

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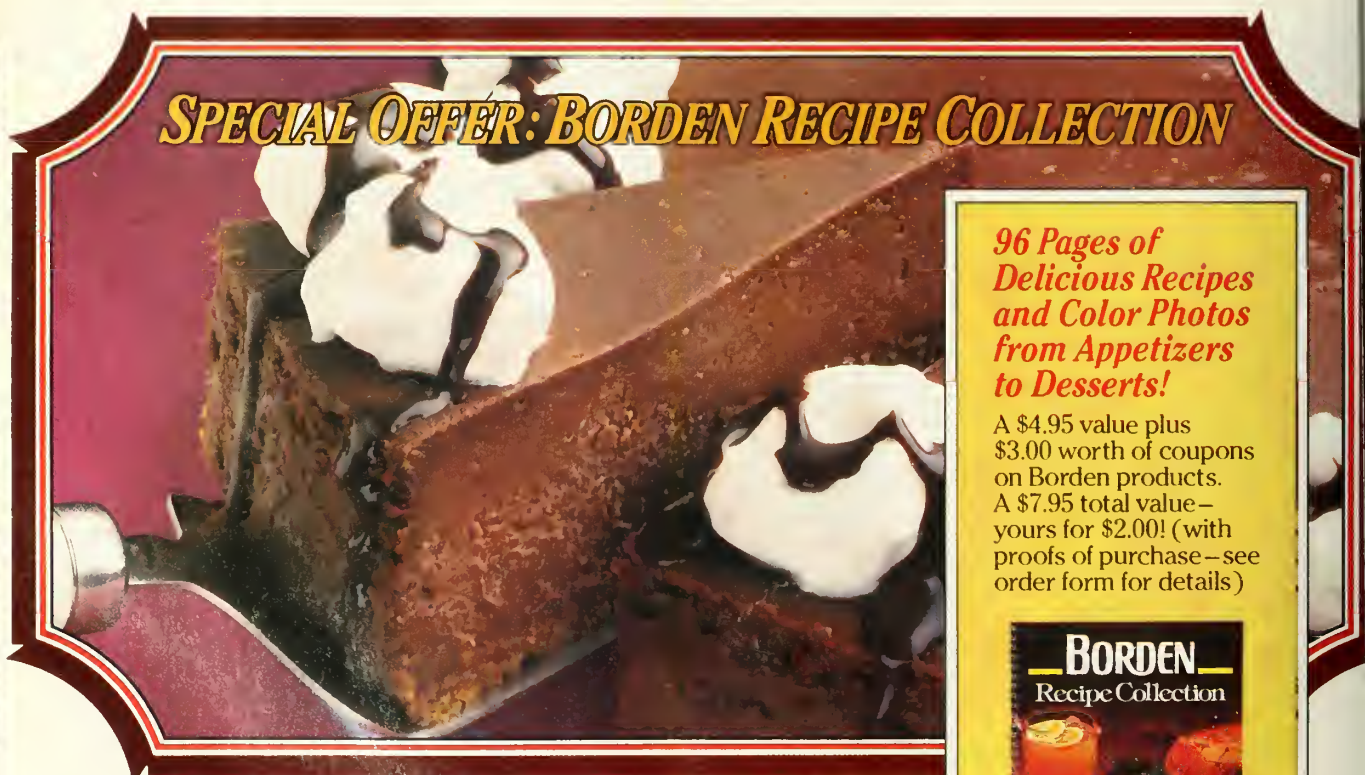
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- 8 (1-ounce) squares semi-sweet chocolate, melted
- 4 eggs
- 2 teaspoons vanilla extract

Preheat oven to 300°. Combine margarine, crumbs and sugar; press on bottom of 9-inch springform pan. In large mixer bowl, beat cheese until fluffy. Gradually beat in sweetened condensed milk until smooth. Add remaining ingredients; mix well. Pour into prepared pan. Bake 1 hour and 5 minutes or until set. Cool. Garnish as desired. Refrigerate leftovers.

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see details on back



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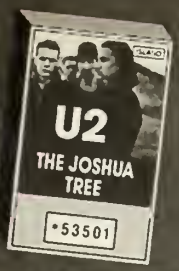


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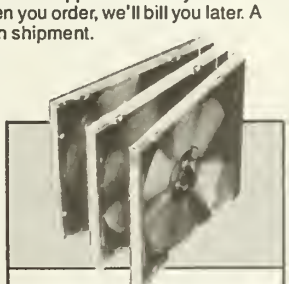
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Wrap jacket, leather skirt and hose by Calvin Klein Classics

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everyone can wear a Mini

No matter what your shape, we'll show you a mini that flatters your figure

Follow these body-smart tips from designer Cathy Hardwick and New York fashion stylist Martha Baker for choosing the right mini.

■ ***large hips, too-wide thighs*** The style of choice to conceal a-bit-big hips and thighs? Go for a just-to-the-knee flared and pleated mini or an A-line cut. Both have full, swingy skirts to fudge flaws. Avoid skintight fabrics such as jerseys and knits; instead, look for sturdy denim in a solid color. Another option is the new bubble skirt, a bouffant from waist to top of knee. The bubble's width hides hips, draws attention to waist and legs.

■ ***tummy and derrière bulge*** If your stomach and rear are too much of a good thing, you *can* skirt the issue by pairing a mini with a long, easy pullover or oversize sweater. Choose a mini that's snug and slim with little seam detail. Top with a same-color sweater that falls ten to twelve inches over skirt. (Be sure sweater is roomy enough not to cup rear.) You want a mini made of good-quality gabardine or leather—stay away from stretch fabrics and loose-fitting jersey and suede.

■ ***big in the bust*** The best bet for busty women is a classic, straight mini worn very short. If your lower body is slim, you can get away with a stretchy, body-hugging mini. To draw attention away from bust, team skirt with an outsize, shoulder-padded jacket that hits just below hips or three inches above skirt hem. Pair with a round-neck crew or a turtle; avoid V-neck blouses and sweaters. If you have a small waist, show it off with a belt (also takes eye away from bust!).

■ ***extra mini tips*** According to Louis Dell'Olio for Anne Klein, dressing monochromatically is the most effective way to camouflage less-than-perfect figures. It also happens to be the chicest style for fall. Keep top, mini, hose and shoes in one shade—deep brown, loden green and black are this season's colors. (Opaque hose are a must—especially if you're still getting your legs into miniskirt shape.)

Makeup artist, Linda Mason; hairstylist, Jennifer Lawrence for La Coupe. Details, page 171.

best *fall* accessories

The necessary add-ons that put the most punch in autumn outfits?

■ ***First on your list should be a stash of great jewels.*** **According to Linda Borella, director of public relations for Monet Jewelers, you ought to be on the lookout for wide cuffs, matte gold drop and leather button earrings, and collar necklaces (terrific with turtlenecks!) for day. Evening attire gets feminine flair with pearls, crystals, marbleized stones and thirties-style antiques (authentic or frankly faux). Also important are grillwork necklaces and bracelets with delicate, intricate designs.**

■ ***The big news is belts.*** **They're key this season for accenting waistlines and creating curves. Choose *wide* (three- to five-inch) widths, in lizard, fake fur, ostrich, python and classic patent, says Fran Marci, design director for Omega Fashions. Also trendy are stretch gabardine belts with zipper fronts. Opt for a color to match your mini!**

■ ***The bags to bet on?*** **Lizardlike embossed leather clutches are a step ahead, as are ostrich, suede and alligator, camera-case styles, over-the-shoulder envelope bags and tremendous totes. Important colors include brown, black, khaki, pecan, navy, amber and deep red.**



Mock-croc leather tote in shocking pink, by Furla, is fashion-wise and fun



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WOMEN'S HEALTH

OB GYN

Report from the nation's top doctors

By Beth Weinhouse

What's the latest research on breast cancer? Is the infertility rate really rising? Why are Pap smears so important?

For the answers to these and many other questions involving women's health, *Ladies' Home Journal* went to the nation's top authority: the American College of Obstetricians and Gynecologists (ACOG). With the help of the organization's medical experts, we've compiled a report on what's newest and most exciting in the fields of breast cancer, Pap smears and cervical cancer, infertility and caesarean sections.

The following physicians participated in this special report: Robert Cefalo, M.D., professor of obstetrics and gynecology and director of maternal and fetal medicine, University of North Carolina at Chapel Hill; Alan L. Lasnover, M.D., assistant clinical professor of gynecology and obstetrics at Stanford University, in California; Luigi Mastroianni, Jr., M.D., former president of the American Fertility Society, William Goodell Professor, and director, division of human reproduction, Hospital of the University of Pennsylvania, in Philadelphia; John Mikuta, M.D., Franklin Payne professor of gynecologic oncology at the University of Pennsylvania; Harold Schulman, M.D., professor of obstetrics and gynecology at the State University of New York at Stony Brook; Vicki Seltzer, M.D., director of obstetrics and gynecology at Queens Hospital Center, New York City. And special thanks to Morton A. Lebow, associate director for public information for ACOG.

Report from the nation's top doctors

PAP SMEARS:
What every woman must know

The Pap smear may be unique among screening tests in that it has actually brought about a decrease in the number of cases of the disease it was designed to detect: cervical cancer. And that is because the Pap smear, when done correctly, is so efficient that it actually detects *precancerous* cell changes in time for them to be treated. As a result, cases of invasive cervical cancer have decreased by about 50 percent in the last twenty years.

"Cervical cancer used to be the most common pelvic malignancy, but it's not anymore," says Dr. Vicki Seltzer. "The Pap smear is so accurate that a woman can be treated before a lesion ever becomes malignant. Now uterine cancer is the most common pelvic malignancy."

Unfortunately, the Pap smear can't be relied upon to catch other gynecologic cancers. "The Pap smear will pick up about eighty percent of patients with cervical cancer, but it will pick up only about forty percent with uterine cancer, and only about fifteen percent with ovarian cancer," explains Seltzer. "Often a woman will be diagnosed with uterine or ovarian cancer and will say, 'But doctor, I just had a normal Pap smear.' A normal Pap smear does not preclude all malignancies. The Pap smear can, however, pick up condylomas [warts] and other types of vaginal infection as well."

The test is so important—and also low in cost and virtually risk-free—that ACOG recommends annual screening. "I strongly, strongly support the ACOG recommendations," says Seltzer, "since every once in a while someone develops a particularly aggressive, rapid-growing tumor." The tests should begin as soon as a woman becomes sexually active or at age eighteen if she isn't sexually active yet.

Another reason annual tests are so important involves the Pap smear's high false negative rate. "In a well-qualified lab where there are good cytologists, the Pap smear might be ninety percent accurate," says Dr. John Mikuta. "The problem is that not all labs are that good, and the false negative rate [a test result being reported as normal when there is actually an abnormality] may run as high as twenty to forty percent. If you were having the test only once every three years, and your smear results were reported as negative, it's conceivable that waiting another three years to be retested could mean that it's actually been six years from the last real result."

To help make sure that your Pap smears are as accurate as possible, Seltzer recommends: "A woman should avoid douching and sexual intercourse for twenty-four hours beforehand in order to leave the cervical cells undisturbed."

Cervical cancer can occur at almost any age, although the incidence peaks in the late thirties or early forties. "I have seen it in women as old as ninety and as young as twenty," says Seltzer. "So I would say any woman from late teens up is at risk."

When a woman receives a positive, or abnormal, Pap report, the physician must try to find out why. "The Pap smear does not give a diagnosis, it simply gives a clue that something is wrong," says Mikuta.

"Usually an abnormality on the Pap smear means a woman needs a colposcopy—in which the doctor looks at the cervix with a special type of microscope [it feels like a long pelvic exam]," explains Seltzer. "Then, depending on those results, she may need a biopsy. The doctor makes a diagnosis—warts, a premalignant problem, invasive cancer—and recommends treatment." Cervical lesions that are diagnosed before they become malignant can be treated with biopsy, cryotherapy or laser therapy. However, a diagnosis of invasive cancer requires *(continued on page 203)*

"In a well-qualified lab, the Pap smear might be ninety percent accurate. The problem is that not all labs are that good, and the false negative rate may be as high as twenty to forty percent."

THIS CHRISTMAS SEARS IS GOING TO END A FAMILY DISPUTE.



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INFERTILITY:
New ways to help couples conceive

The biggest news in infertility today is high technology: in vitro fertilization (IVF), gamete intrafallopian transfer (GIFT), frozen IVF, and surrogate births. Yet although we read almost daily about advances in this field, many infertility specialists are wary, cautioning that these techniques are still experimental.

"There is help for the problem of infertility," says Dr. Alan L. Lasnover. "Probably fifty percent of infertility can be cured, but not necessarily by utilizing the newer techniques. There are older, established techniques that are effective.

"The high-tech solutions, despite their popularity, are having only about a ten percent success rate," he continues. "It's wonderful for the ten percent of couples for whom they work, but it's terribly expensive and emotionally distressing for the other ninety percent."

Lasnover advises: "No one should seek in vitro fertilization as a first step. Couples should seek a conditional investigation by a competent physician who's skilled in the diagnosis and treatment of infertility."

There are many other common myths about infertility. "For one thing, infertility is not a man's problem or a woman's problem—it's a couple's problem," says Lasnover. "A woman or man who is infertile in one union will not necessarily be infertile in another."

Lasnover explains, "I have a very close friend who many years ago was found to be infertile. He went to a urologist and was told he had almost no sperm. The doctors assumed that was the reason he and his wife could not have children . . . and nothing more was done. Eventually, the couple got divorced. My friend remarried, and his second wife became pregnant almost instantly. It takes only one sperm. It turns out that another reason the first wife didn't get pregnant was that she had endometriosis."

Lasnover's point is that even though the number of couples with fertility problems has increased to more than one in ten, it is not a problem that can be *blamed* on one partner. What's more constructive is for a couple, together, to seek medical help.

Another common myth about infertility is its definition. "Infertility is *not* the same as sterility," says Lasnover. "It does not mean that a couple cannot conceive. It means there's a delay. I define infertility as a problem wherein a healthy man and woman do not conceive after one year of having intercourse without using contraception."

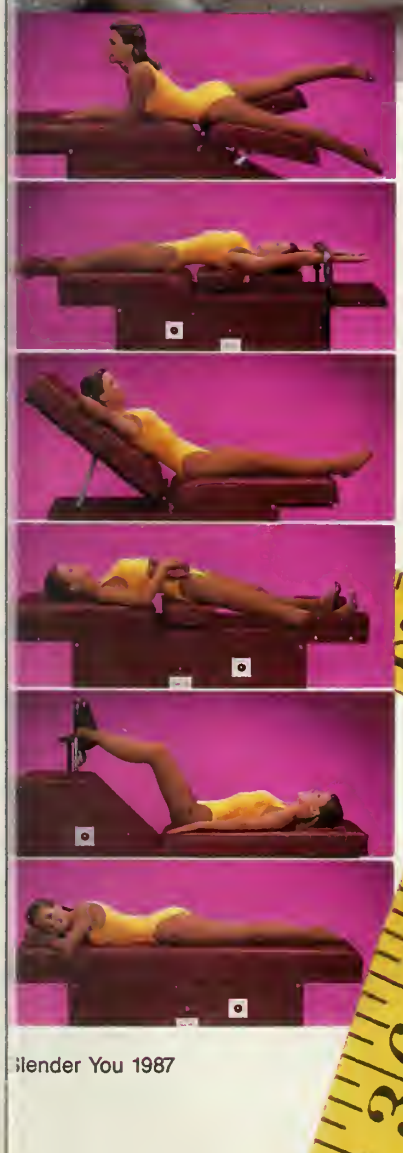
A couple should usually wait until a year has passed without conception before seeking medical advice, but there are exceptions. Says Dr. Luigi Mastroianni, Jr.: "There are certain instances where it's quite obvious there's a problem from the beginning, and you shouldn't wait so long to seek medical advice. Some examples are a woman who suffers from menstrual irregularities or other gynecological problems, a woman who knows she had a pelvic infection in her youth, or a woman over thirty-five. The same is true for a man with undescended testes, or a man who had mumps orchitis [mumps involving the testes] during adolescence, or anyone who in a previous marriage couldn't establish pregnancy."

In general, infertility problems are easier to diagnose in a man . . . but easier to treat in a woman.

"We simply don't know as much about the male," explains Mastroianni. "And there's not much interest in infertility among urologists. There are very few effective treatments for male infertility, which may be why doctors turn away from it. There's nothing more frustrating than being in a field in which you can't do anything but make a diagnosis. My feeling is that just making a diagnosis is useful. It allows a couple to make decisions so they *(continued on page 203)*

"Infertility is not a man's problem or a woman's problem—it's a couple's problem. A woman or man who is infertile in one union may not be infertile in another."





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always Plus NIGHT SUPER


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WOMEN'S HEALTH

OB GYN

Report from the nation's top doctors

CAESAREAN SECTIONS:
Why are they increasing?

By now most women are aware that the caesarean birth rate in this country has risen dramatically, from less than 5 percent in the sixties to the current rate of 22 percent. And the number continues to go up, causing concern for physicians and patients, who suspect that much of this surgery is unnecessary.

But according to Dr. Robert Cefalo, the situation can be reversed. And one of the ways to help reduce the number of unnecessary caesareans is for women to become more sophisticated medical consumers.

"No specialty has changed more than obstetrics over the last ten years," declares Cefalo. "Doctors listen; they analyze. And a lot of the changes in the field—such as natural delivery, birthing units in hospitals, fathers in the delivery rooms, and so on—are the result of consumer influence."

There are four main reasons for caesarean deliveries: fetal distress, repeat caesarean, breech presentation and cephalopelvic disproportion (meaning that the baby is too large to fit through the mother's pelvis). While the total number of caesareans is rising, the rates vary depending on the category.

One of the categories not experiencing a rise is repeat caesareans. Cefalo was chairman of the committee that issued the ACOG guidelines on vaginal birth after caesarean, and this is the category in which he sees the most potential for change. "This is a safe and effective method of delivery," he believes. "Pregnant women who have had a caesarean should try to find a doctor who will consider them good candidates for vaginal delivery. It is only by consumers' actions that I think we will have more doctors utilizing this method of delivery."

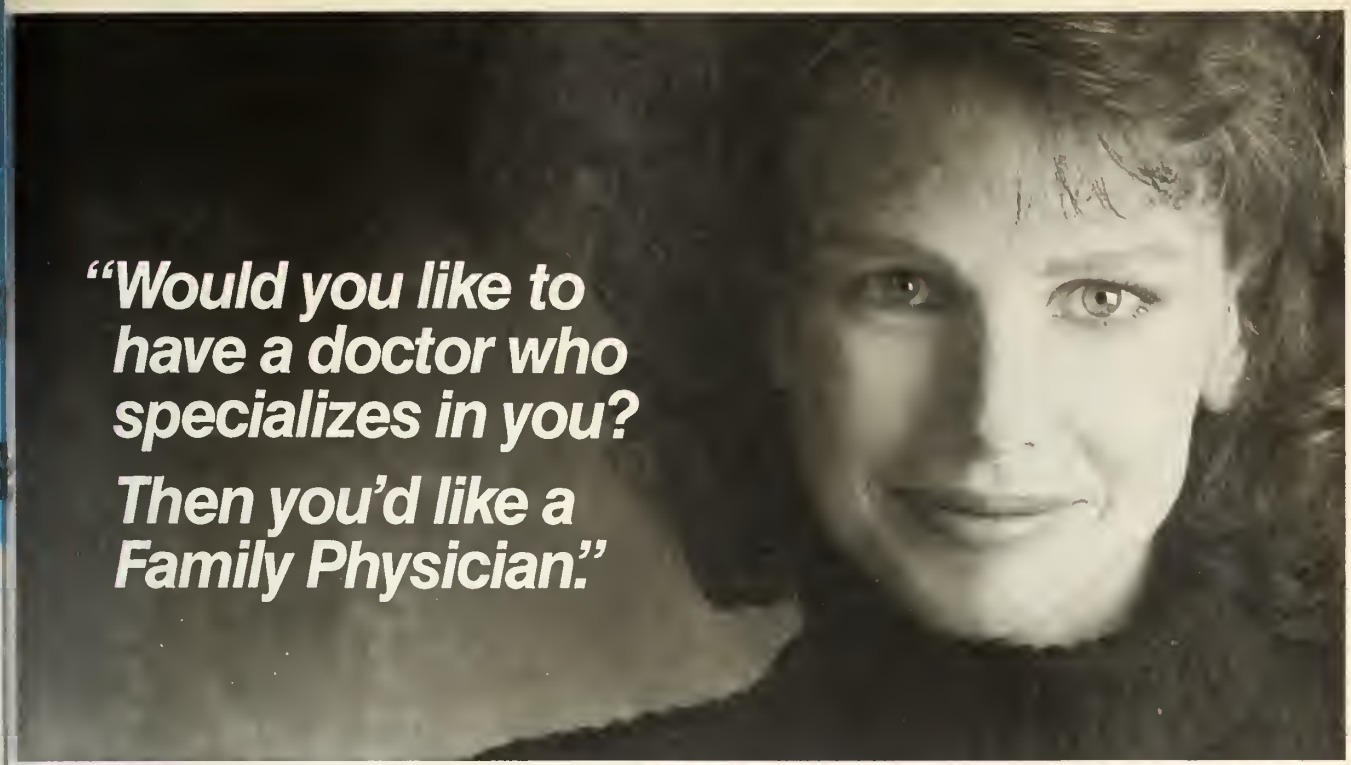
Another reason for caesarean births is fetal distress, which is a physician's determination—often based on fetal heart monitor readings—that the baby is in trouble during labor and must be delivered quickly. "There seems to be an increase in the incidence of caesarean delivery from fetal distress," admits Cefalo. "Diagnosing fetal distress is difficult and at times is not based on science, but rather is the art of medicine. The increase may be reflective of the medico-legal climate that we live in." The high rate of malpractice suits against obstetricians, says Cefalo, contributes to the rise in caesareans from fetal distress. When there is any hint of a problem, an obstetrician will opt for surgery to show that he has done everything possible to ensure a healthy baby.

While the malpractice crisis continues, it's unlikely that the number of caesareans in this category will drop significantly. But, says Cefalo, "I hope that the rising number of caesareans due to fetal distress will be counteracted by a falling rate of repeat caesareans."

Breech birth is another major reason for caesarean sections. Some medical critics point out that "in the old days," breech babies were delivered vaginally by skilled physicians, because caesareans were not then considered safe. Safer surgery has made caesareans the preferred choice for doctors—and they are certainly safe for babies—although they may not always be best for the mother.

But the rate of caesareans due to breech presentation should begin to fall—not because of a return to old-fashioned medicine but because of the latest in obstetrical technology. Says Dr. Harold Schulman, "If you recognize breech presentation early, it can be corrected in three quarters of all cases. You can turn the baby around during the last few weeks of the pregnancy by a procedure called external version. You do it in a hospital, but the mother doesn't have to stay overnight. Basically, what the physician does is use ultrasound to see the baby's position. Then he places his *(continued on page 203)*

"There seems to be an increase in the incidence of caesarean delivery from fetal distress. Doctors may feel they have to be more cautious because of the medico-legal climate that we live in."



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If you would like to have more information about Family Practice, or assistance in finding a Family Physician in your area, write to: *Family Physicians Care For America, P.O. Box 5311, Kansas City, MO 64131-0311.*

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WOMEN'S HEALTH

OB GYN

Report from the nation's top doctor

BREAST CANCER:
Earlier diagnoses and new attitudes

The longer a woman lives, the higher her risk of getting breast cancer . . . and people are living longer," declares Dr. Vicki Seltzer, author of *Every Woman's Guide to Breast Cancer* (Viking, 1987).

But Seltzer's pronouncement is not as bleak as it sounds, for she is quick to add, "You can't hide the fact that breast cancer strikes one in eleven women, but you can aggressively look for the disease and treat it early. Women now have the option of being cured *without* a mastectomy. . . provided they are conscientious about screening for the disease so that it is diagnosed early."

When it comes to screening, Seltzer recommends: "Women should do monthly breast self-exams starting at age twenty. They should also have a physician examine their breasts at least annually." Then, says Seltzer, "I recommend a baseline mammography at thirty-five, depending on risk factors. Then mammography every one or two years between forty and fifty, and annual mammography after the age of fifty. Mammography is important because it can pick up lesions too small to be felt. The smaller the tumor, the greater the chance of cure, and the less chance of losing a breast. Regular mammography *vastly* improves a woman's options."

If mammography is considered so crucial to breast cancer detection, why isn't it recommended for younger women? There are several reasons. One is the radiation risk. "While the radiation risk is extremely small, it's not zero," admits Seltzer. Another reason that mammography is not recommended for women under thirty-five is that their breast tissue is denser. "The radiologist has difficulty interpreting the mammography."

Risk factors for breast cancer include childbearing history, dietary factors, and heredity. "If you have your first child late in life, that increases your risk of getting breast cancer," Seltzer says. "The dietary factors include a high-fat diet. A family history of breast cancer also places a woman at higher risk."

If, as Seltzer says, the longer a woman lives, the greater her risk of getting breast cancer, does that mean the disease is primarily a problem of older women? Not really, she replies. "Many younger women get breast cancer. And it seems to be a more aggressive disease in younger women. *All* women have to be aware they're at risk."

Once cancer is diagnosed, treatment depends on several factors, including, says Seltzer, "the location and size of the tumor, whether the lymph nodes are involved, the breast size and the woman's desire to preserve the breast.

"If you find an early breast cancer," she continues, "the woman has a choice of having the cancer removed locally [saving the breast], having the lymph nodes under the arm removed and having radiation to the breast . . . or having a mastectomy. If the lymph nodes turn out to be positive for cancer, the patient is given additional therapy—usually chemotherapy."

These options can change if a woman's breasts are either very large or very small. "If a woman with small breasts has a large tumor, removing just the cancer will leave the breast distorted. Since the whole point of lumpectomy is to preserve the breast, it's likely the doctor will recommend a mastectomy. A woman with large breasts might also be encouraged to have a mastectomy, since many radiation therapists feel it's difficult to give effective therapy when the radiation has to go through a lot of tissue.

"But as far as I'm concerned," Seltzer states emphatically, "the key point is that with proper screening, most women can be cured of breast cancer without having a mastectomy. In my opinion, this should change every woman's feelings about the disease."

"You can't hide the fact that breast cancer strikes one in eleven women, but you can aggressively look for the disease and treat it early. Now women can be cured *without* a mastectomy."



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Ladies'
Home Journal
October
1987

How AIDS affects us all

Eight years ago, no one had heard of this deadly disease. Today, this killer touches all our lives. Turn the page for a special report

By Diane Salvatore



Dennis Brack/Black Star



Tom Sobolik/Black Star



"For Matthew, it was all downhill. We had to watch our baby waste away to nothing."

Sue Kozup, 30, whose 3-year-old son died of AIDS



John Troha/Black Star

"I keep praying that God won't let me die."

Tema Luft, 34, ARC patient

"We had a chance to contain the spread of AIDS. We missed it."

Dr. Mathilde Krim, 6, leading AIDS researcher

Matthew Kozup was an affectionate baby with a ready smile and an exuberant laugh. But the world was frightened of Matthew: The chilling makeshift sign on his hospital crib read "Please don't touch me." Even his mother, Sue, now thirty, couldn't hug him close or snuggle him. And only rarely did she risk kissing the top of his strawberry-blond head.

The tragedy of Matthew's short, three-and-a-half-year life was that he had contracted AIDS, and he did so before it was known just how the virus was transmitted. "He was nothing but a little squirtball," says Sue, "and though he didn't look dangerous, in those days everyone treated him like a time bomb waiting t go off. He was very much loved, though, Sue says, her voice breaking. "But w were scared. What good would it hav done my family if I had come down wit AIDS, too?"

Matthew was born three months pre mature on January 10, 1983, at just ur der three pounds. He survived both collapsed lung and a brain hemorrhage and his parents had hired a physica therapist to work with him after he wa diagnosed as having cerebral palsy. Bu just as he was celebrating his first birth day, an immunology specialist, afte months of trying to find the cause c Matthew's other illnesses—skin rashes night sweats and pneumonia—calle Sue and her husband, Steve, to his offic just outside Herndon, Virginia, wher the Kozups live. He delivered the grir news: He was fairly certain that Mat

THE LATEST FACTS AND FIGURES . . . PLUS INTERVIEWS



David Kryszak/Black Star

"Rick has made me see that life is very precious."

Therese Dawe, 33, buddy to an AIDS patient



Tom Sobolik/Black Star

"From the morning I first read about AIDS, I lived with fear every day."

Amy Ashworth, 63, whose 32-year-old gay son died of AIDS

hew had AIDS. "We didn't even know vhat the initials stood for," recalls Sue. We didn't understand yet that this was he worst disease of the century."

Matthew had contracted AIDS from lood transfusions in his first few days of ife at Georgetown University Hospital, n Washington, D.C. Premature babies ieed to have the oxygen level in their lood carefully monitored, and the test- ng had made Matthew anemic. Just a ew days' worth of teaspoon-sized trans- usions with contaminated blood was all t took to send the deadly virus coursing hrough Matthew's body.

Matthew had the tragically bad luck o need transfusions in the days before lood banks had the technology to test or the AIDS virus. It wasn't until three ionths after Matthew's preliminary di- gnosis that the test became available, nd doctors *(continued on page 183)*

AIDS and you

The bleak statistics ■ 1.5 million of our fellow Americans—one of every 162 people—are infected with the AIDS virus. ■ Of the over 39,000 people who have developed the disease, nearly 60 percent have died. **Women and AIDS** ■ Nondrug-using heterosexuals make up the fastest-growing percentage of those contracting AIDS; by 1991, they may account for 10 percent of all cases. ■ A woman is more likely to get AIDS from her partner than he is from her. *(continued on page 183)*

WITH WOMEN WHOSE LIVES HAVE CHANGED FOREVER



...hire
...en is
...rved with
orzo and cherry
tomatoes



Fasta Pasta is a colorful mix of capellini, peas, roasted red peppers, ham and mushrooms



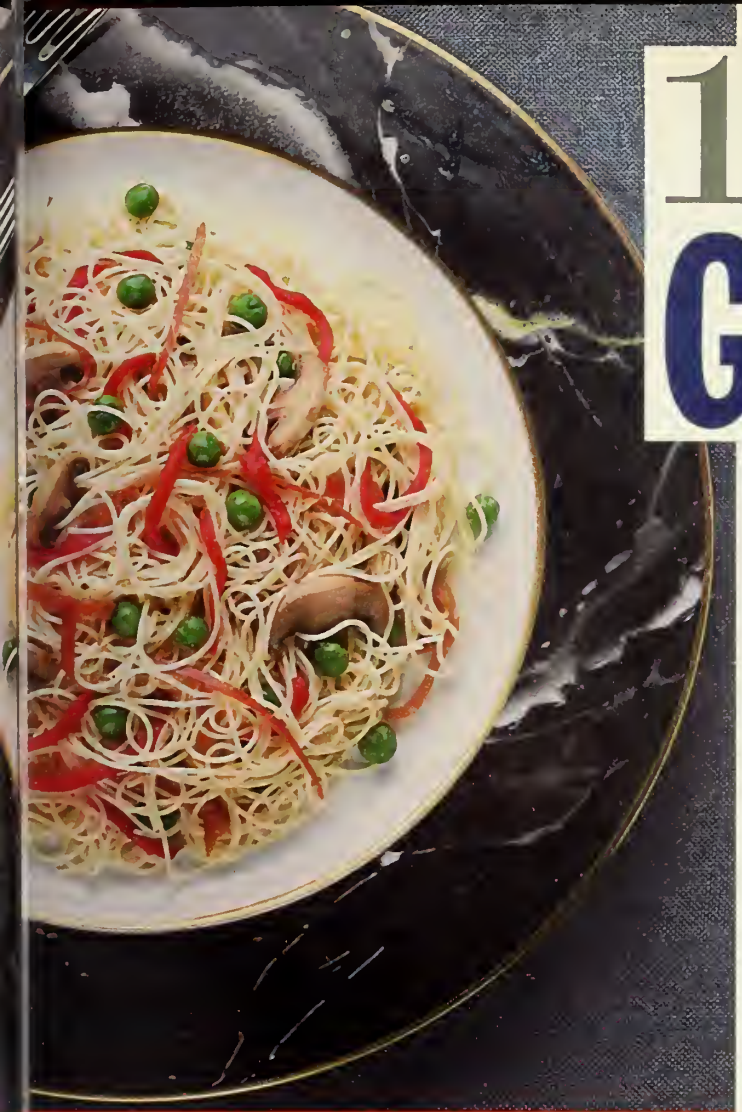
Quick-cooking scallops sautéed with bacon go well with sugar snap peas



Pork Tenderloin is spiced with sesame sauce, accompanied by kale and yams

By Jan Turner Hazard

Food and Equipment Editor





15-minute GOURMET

It's a breeze to cook up fabulous meals in fifteen minutes flat! We've created seven marvelous menus that your family will swear took you hours to prepare. Our secrets? Make the most of your microwave, always have high-quality frozen and canned foods on hand, use pre-cut veggies and fruits from the local salad bar, and stock up on ice cream and chocolates for quick-but-elegant desserts. Left, a sampling of our four-star suppers; below, two quick gourmet tips. Recipes begin on page 172.



Dress up plain Italian bread with a special topping: From left, choose pesto and pine nuts; sliced mozzarella, ripe olives and anchovies; a roasted red pepper puree; or garlic and herbs



Turn an ordinary green salad into restaurant fare by adding a variety of exotic greens such as endive and arugula, plus unusual lettuces like radicchio, Boston and Bibb

Photos, J. Barry O'Rourke. Prop stylist, Debrah Donahue.

COURAGEOUS At an age when other people have slowed down, Kate Hepburn CANTANKEROUS is now launching a new career—author. Here are her always CANDID provocative views

By Phyllis Battelle

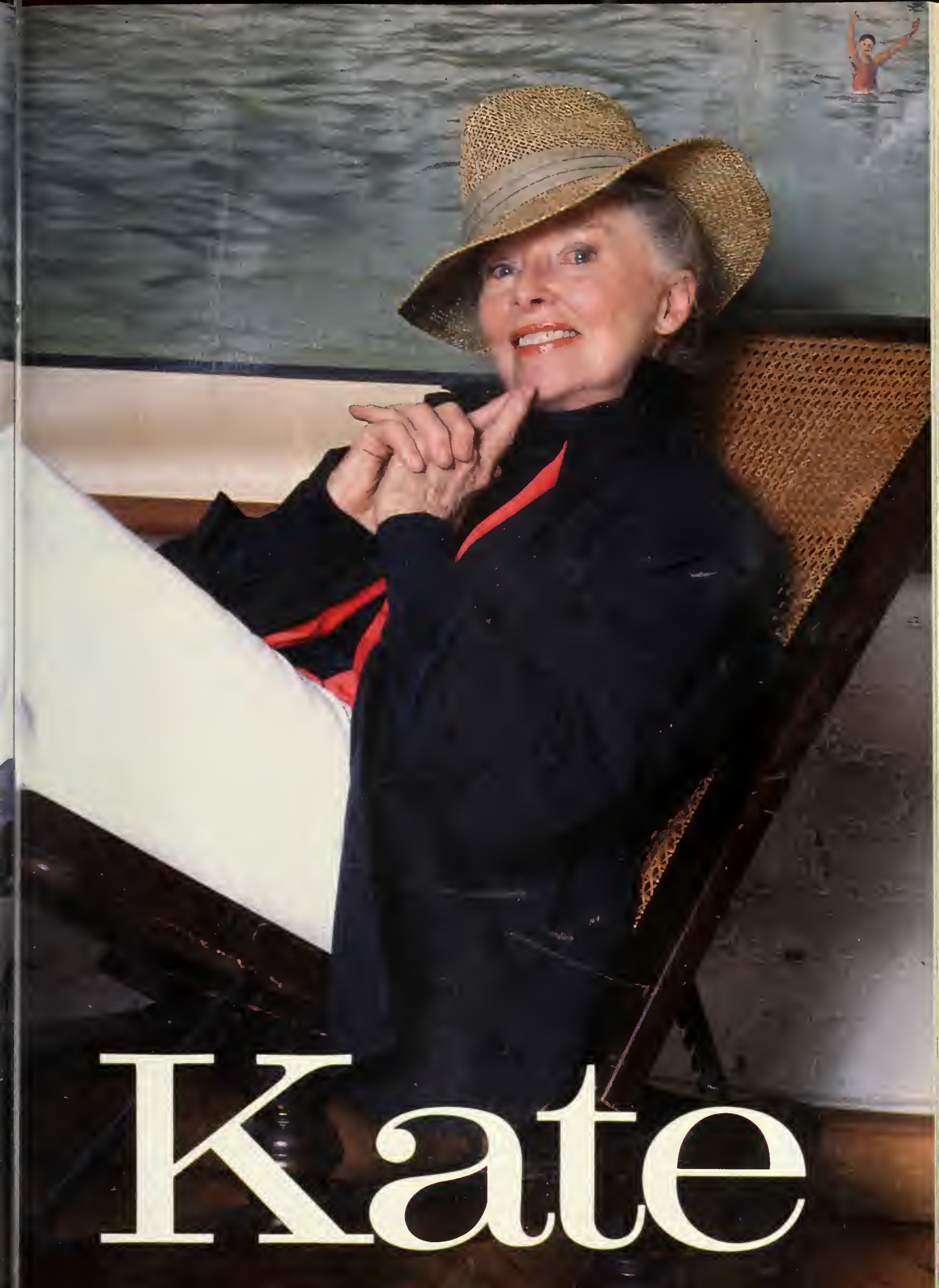


Kate Hepburn turns seventy-eight November 8, but don't bother sending her a present. Kate would just as soon ignore her birthday, thank you very much. Not that she necessarily minds the approach of her ninth decade. She's just too busy to bother marking the occasion, what with playing tennis, riding a bicycle, taking "polar bear" dips in icy waters, and negotiating two new movie roles. ("No, I can't talk about them just yet," she says. "It's too soon, and I'm far too secretive.")

In fact, if Kate celebrates anything this month, it will be the launching of her brand-new career—as a literary light. Her just-published book, *The Making of "The African Queen," or How I went to Africa with Bogart, Bacall and Huston and Almost Lost My Mind* (continued on page 212)

The indomitable Kate doesn't let arthritis or a damaged ankle hold her back

Len Tavares



Kate

metamorphosis

THE HOTTEST MAKE-OVER SYSTEM EVER!

By David Kibbe

YIN

Petite. Rounded. Voluptuous curves. Delicate bone structure. Large, luminous eyes. Delicately pointed chin. Sloped or tapered shoulders. Hourglass figure. Small hands and feet. Delicate skin. Fair complexion. Softly textured, lustrous hair, usually with waves or curls.

natural



A soft yang—Jane Fonda

classic



Cybill Shepher is a balance of the extreme

If you're like most of us, you've probably spent a lot of energy and time trying to change the parts of your body you feel uncomfortable with. But what you think are flaws are really your unique pluses and should never be camouflaged.

That's why the Metamorphosis makeover is different. It helps you find your true beauty type—and make the most of it. This individualized system is based on the ancient Oriental concept of yin and yang—polar opposites that exist within the universe. The yin side is the receptive side, yielding and accommodating; the yang side is the dominant side, active and creative. Read the descriptions of yin and yang qualities above. Between these two extremes are five image-identity profiles, with each type having specific physical attributes and fashion/beauty needs, as shown by the celebrities above.

How does this relate to you?

Take the test at right to determine where on the yin/yang scale you fall. Then turn the page for a series of remarkable Metamorphosis style makeovers plus special advice on how to fulfill your good-looks potential better than ever before.

© 1987 by David Kibbe from the book METAMORPHOSIS, to be published by Atheneum.
Photos, left to right: S. Schapiro/Sygma, D. Feingold/Outline, S. Schapiro/Sygma, D. Kirkland/Sygma, Galella.

YANG

Tall. Angular. Broad or sharp bone structure. High or exotic cheekbones. Blunt jawline. Prominent nose or facial features. Square shoulders. Straight body lines. Large hands and feet. Distinct coloring. Healthy skin. Extreme texture to hair (fine or coarse).



romantic



An extreme yin describes Jadyn Smith

dramatic



Faye Dunaway is an absolute yang

gamine



Mia Farrow is equal parts yin and yang

THE TEST

Take this test with a trustworthy friend. Choose the answer that most closely describes you.

My vertical line is:
a. Long
b. Moderately long
c. Moderate
d. Petite

The shape of my shoulders is:
a. Narrow, sharp
b. Broad, blunt
c. Symmetrical, even
d. Sloped and rounded

The length of my arms and legs is:
a. Elongated, narrow
b. Elongated, broad
c. Moderate
d. Small, very short

The size of my hands and feet is:
a. Long and narrow
b. Large and broad
c. Moderate, neither long, broad, delicate nor small
d. Small and slightly wide

The overall shape of my body is:
a. Long, lean and sinewy
b. Broad, tending toward muscular
c. Symmetrical, evenly proportioned
d. Very soft, lushly curved, a ripe hourglass

The shape of my jawline is:
a. Sharp (either very pointed or very square)
b. Broad or blunt, slightly wide
c. Moderate, symmetrical, neither wide, sharp nor rounded
d. Rounded or softly wide

My hair is:
a. Extremely fine-textured (silky-smooth), either straight or with a slight bend
b. Strongly textured (coarse, heavy, thick; straight or wavy/curly)
c. Moderate texture, slightly wavy
d. Extremely thick, with lots of wave or curl (with a soft surface)

The shape of my eyes is:
a. Narrow, straight, closely spaced or almond-shaped
b. Narrow, straight, widely spaced
c. Evenly spaced, symmetrical, moderate size
d. Very round and large

The shape of my lips is:
a. Straight, narrow (sometimes described as thin-lipped)
b. Straight, strong, slightly broad (but not full)
c. Moderate, evenly shaped, straight, not overly full
d. Very full, very rounded and very luscious

The shape of my nose is:
a. Sharp or prominent
b. Broad or blunt, but on the large side (possibly broad)
c. Moderate, symmetrical, neither overly large nor overly rounded
d. Rounded, softly wide (but not large)

score card

If most of your answers are:	A	B	C	D	A+D
Your special image profile is:	dramatic	natural	classic	romantic	gamine

metamorphosis



natural

SOFT YANG

inner essence: *Warm and friendly*

celeb examples: *Jane Fonda, Christie Brinkley, Carol Burnett, Ingrid Bergman, Candice Bergen, Chris Evert*

profile: *Athletic, healthy, direct, girl-next-door, unconstructed*

style: *Slim and easy casual chic—T-shirts and tank looks; boatnecks*

fabrics: *Soft knits, suedes and leathers, raw silks and linens*

details: *Loosely tailored seams, big shoulder bags, ethnic jewelry, leather belts or fabric sashes*

prints: *Upbeat paisleys and plaids, abstract batiks or animal prints*

pants/skirts: *Sweats or jeans, simple straight skirts or flirty minis*

dresses: *Wrap and T-shirt styles, safari looks*

jackets: *Long cardigans, easy and oversize*

colors: *Textured neutrals with bright accents, vivid pastels*

beauty: *Fresh-faced and glowing neutral makeup with smoky eyes, glowing cheeks and shining lips. Loose and free hair*

classic

BALANCED BETWEEN YIN & YANG



inner essence: *Aristocratic*

celeb examples: *Cybill Shepherd, Grace Kelly, Catherine Deneuve, Diane Sawyer*

profile: *Symmetrical, refined features, coolly elegant and traditional, smooth lines*

style: *Softly tailored or slightly flowing, head-to-toe blending, jewel-notched collar, narrow cowls, jabots*

fabrics: *Moderate-weight luxurious silks, linen, gabardine, cashmere or blends. Matte finish or slight sheen ideal*

details: *Understated with quality. Tapered pumps and slings, supple clutches, narrow belts with smooth buckles. Toned, sheer hose. Pearls and gold jewelry*

prints: *Small, traditional, evenly spaced patterns—pinstripes and checks, blended plaids, elegant feminine swirls*

pants/skirts: *Trouser-pleated pants, long and flared skirts*

dresses: *Softly tailored shirtdresses or sheaths*

jackets: *Narrow, smoothly tailored outline, standard length*

colors: *Monochromatic or rich neutrals*

beauty: *Matte natural shades, balanced eyes and lips, medium-length or blunt-cut hair, natural-looking hair color*

metamorphosis



romantic

EXTREME SOFT YIN

inner essence: *Enchanting*

celeb examples: *Jaclyn Smith, Marilyn Monroe, Elizabeth Taylor, Bernadette Peters, Jessica Lange*

profile: *Rounded, soft, hourglass figure, curvy lines*

style: *Curvy, swirly, draped, rounded shoulders. Plunging or sweetheart necklines*

fabrics: *Lightweight, ultrasoft, sheer or shiny, jersey, crepe de chine, velvet*

details: *Ornate, feminine. Oversize bows, ruffles, lace, strappy sandals or slings, small, ornamented pouch bags. Sheer, pale hose, delicate, sparkly jewelry*

prints: *Pretty swirls of color*

pants/skirts: *Full cuts, gathered at waist, trousers pegged or tapered. Handkerchief hemlines, tulip hems, flared trumpets or swings*

dresses: *Flowing and flouncy with a real waist*

jackets: *Peplums, curved lapels, intricate buttons*

colors: *Rich jewel tones or soft pastels*

beauty: *Peach, rose and pink makeup. Soft waves and curls framing the face*

dramatic

EXTREME SHARP YANG



inner essence: *Majestic*

celeb examples: *Faye Dunaway, Lauren Bacall, Joan Crawford, Katharine Hepburn, Kathleen Turner, Greta Garbo*

profile: *Sleek, sophisticated, angular, chiseled features, geometric, sculpted, elongated*

style: *Tailored, squared shoulders, shoulder pads a must. Clean, simple necklines—crews, narrow turtles*

fabrics: *Moderate to heavy, with a matte finish and smooth surface. Tightly woven gabardine, twill. Brocade and heavy satins for dress-up*

details: *Minimal, crisp, clean lines. Pumps, clutches, wide, important belts. Toned hose and shoes. Big, modern jewelry*

prints: *Standout geometrics, stripes, zigzags, irregular shapes*

pants/skirts: *Tailored, straight, long*

dresses: *Narrow coatdresses or chemises*

jackets: *Tailored and sculpted with very defined shoulders. Long, double-breasted or bathrobe style with notched collar*

colors: *Bold, elegant combos or head-to-toe monochromatics. Deep colors, dark neutrals*

beauty: *Chiseled, high-contrast makeup to play up bone structure—deep lips, smoky eyes, contoured cheeks. Sculpted off-the-face hair. Vivid, dramatic hair color*

metamorphosis

WHAT TO AVOID

Since Metamorphosis is a head-to-toe makeover system, you not only learn how to bring out the best in yourself, you also find out what's best left on the rack!



natural

As our makeover model on page 128 shows, the biggest mistake Naturals make is not playing up their free-spirited personality with their clothing. Make the most of your vibrant, freshly appealing image. Avoid angular or straight lines, too-tailored silhouettes, flowing swirls, intricate prints and sheer fabrics. Peplums and nipped-in waists are not for you. Stay away also from tapered-leg pants, frilly blouses, and fluffy knits with trim. Color is an area to have lots of fun with—avoid monochromatic color schemes, which look very boring on you. Ornate, intricate or severely angular jewelry does not reflect the relaxed style of the Natural. Neither does overly groomed, tightly set hair.

classic

If you've scored yourself as a Classic, you know you're a perfect balance between the extremes of yin and yang. Your clothing should reflect your inherent elegance and sophistication. Since symmetry is the key to all your shapes, avoid anything extreme. This includes bold geometrics, too-round shapes, overly ornate or unconstructed styles. Heavy fabrics are too stiff for your graceful shape—sheer, flowing fabrics don't do enough to enhance your figure. Don't pair a bright white shirt with a dark suit, or break the line from hem to shoe with a different color hose. Keep away from overly delicate or ornate jewelry. Hair should always be soft and styled, never severely teased or layered.

romantic

If you are an extreme soft yin type, you must think soft and rounded all the time. Playing up your hourglass figure is the most important part of your look. Never wear anything with straight lines or sharp edges that conceals your waist. Stay away from heavy fabrics (such as rough denim or tweeds), square-shouldered jackets and blouses, sharply pleated skirts. Stiff, structured outfits certainly aren't for you. Symmetrical prints and dark, monochromatic color schemes will make your figure look too straight. Also avoid color contrasts that are too sharp. Heavy, chunky accessories are not feminine and should be avoided. Keep hair softly waved, never sleek or overly layered.

dramatic

Your biggest assets are powerful energy, strength and authority—be sure to play these up! Don't hide behind unconstructed clothing that's rounded, delicate or too fussy. You don't want to look matronly or unsophisticated, so stay away from details like bows and ruffles and avoid small prints and florals. Sheer, clingy fabrics will be too frou-frou on you; also beware of textures that are overly rough or heavy that will overpower your sleek physique. Keep accessories contemporary. Stay away from delicate antique jewelry and skinny belts. There's nothing more aging for a Dramatic than overly coiffed or wispy, do-nothing hair. Remember: Always keep your hair up and away from your face.

gamine

Sparkling energy typifies a Gamine—you're a combination of extreme yin and yang as opposed to a Classic, who is a balance between the two. Gamines have to watch out for oversize, rounded or overly delicate shapes. Wide or flowing lines are all wrong, as are symmetrical silhouettes. Full circle skirts or baggy pants with tapered legs are out, as are long hemlines. Go for bold and sassy contrast, and skip watercolor palettes, oversize or ornate prints and monochromatic color schemes. You want to define your shape, so stay away from overpowering, rough fabrics. Bright-colored, trendy accessories will accent your witty fashion personality. Always avoid long, heavy hair that hangs in your Gamine face.

gamine

COMBINATION OF YIN & YANG



inner essence: *Effervescent*

celeb examples: *Mia Farrow, Audrey Hepburn, Leslie Caron, Kristy McNichol*

profile: *Highly original; delicate but angular and energetic. Petite, streamlined shape*

style: *Sharp, straight and staccato. Precision fitted, crisply tailored. Off-the-shoulder or angular necklines; mandarin collars*

fabrics: *Crisp and moderate-weight weaves or fine knits*

details: *Funky accessories in contrasting colors to highlight body and face. Bright belts and flats, mini-bags, stacks of bracelets, trendy earrings*

prints: *Small, animated geometrics or very contemporary pop-art prints*

pants/skirts: *Leggings or capri pants fitted at the waistband. Mini or slit skirts*

dresses: *Slim and fitted. Skinny dropped waists and chemise styles. Asymmetrical hemlines*

jackets: *Short, cropped boleros or short blousons with collar, cuff, lapel detail*

colors: *Shocking brights, high-contrast splashes*

beauty: *Doe eyes, emphatic lips. Boyishly chic hair, tousled. Vivid hair color*

Bake sale



From BLUE RIBBON WINNERS: AMERICA'S BEST STATE FAIR RECIPES © Catherine Hanley. Published by HPBooks, Inc., Tucson, Arizona. Photo, Mark Thomas. Prop stylist, Judy Singer. Food stylist, Andrea Swenson.

best-sellers



Since autumn is traditionally bake sale season, here's a tip for guaranteed success at your next fund-raiser: Just whip up some of the toothsome desserts below—winners of top honors at state fairs across the country. Not only will these treats send cash registers ringing, they'll bring you rave reviews at home, too! For a diagram naming the blue-ribbon winners, plus our recipes, turn to page 161.

By Catherine Hanley

LHJ
HOUSE TOUR
LITCHFIELD

COUNTRY with style







Lilo Raymond

By Marilyn Diane Glass, Decorating and Design Editor

Join us in the charming town of Litchfield, Connecticut, where gracious eighteenth-century houses dot tree-lined lanes. These historic homes are surprisingly up-to-date while keeping that cozy country feeling

e scenery in Litchfield especially breath-king during autumn. e warmth and beauty the town are also re-cted inside its quaint mes. The "keeping" tting) room above is ade even cozier by a ump wing chair and e homey touch of a ied-apple wreath. At ght, a living room that mbines classic fur-shings with standout ntemporary fabrics.



Designer, Rosie Ripley, Designs Unlimited.

LHJ HOUSE TOUR LITCHFIELD







Photos, Lilo Raymond. Designer, Rosie Ripley, Designs Unlimited. Sheets, Frette, at Bergdorf Goodman.

Many homes in Litch
field are done in perio
styles but remain ligh
and inviting. Tradition
white walls make th
rooms even brighte
and airier. Above,
sun-filled living roo
left, a cheery bedroo
with a graceful Shake
pencil-post bed. Som
houses also have cla
sically formal interior
such as the living roo
and the elegant di
ing room opposite







LHJ HOUSE TOUR LITCHFIELD



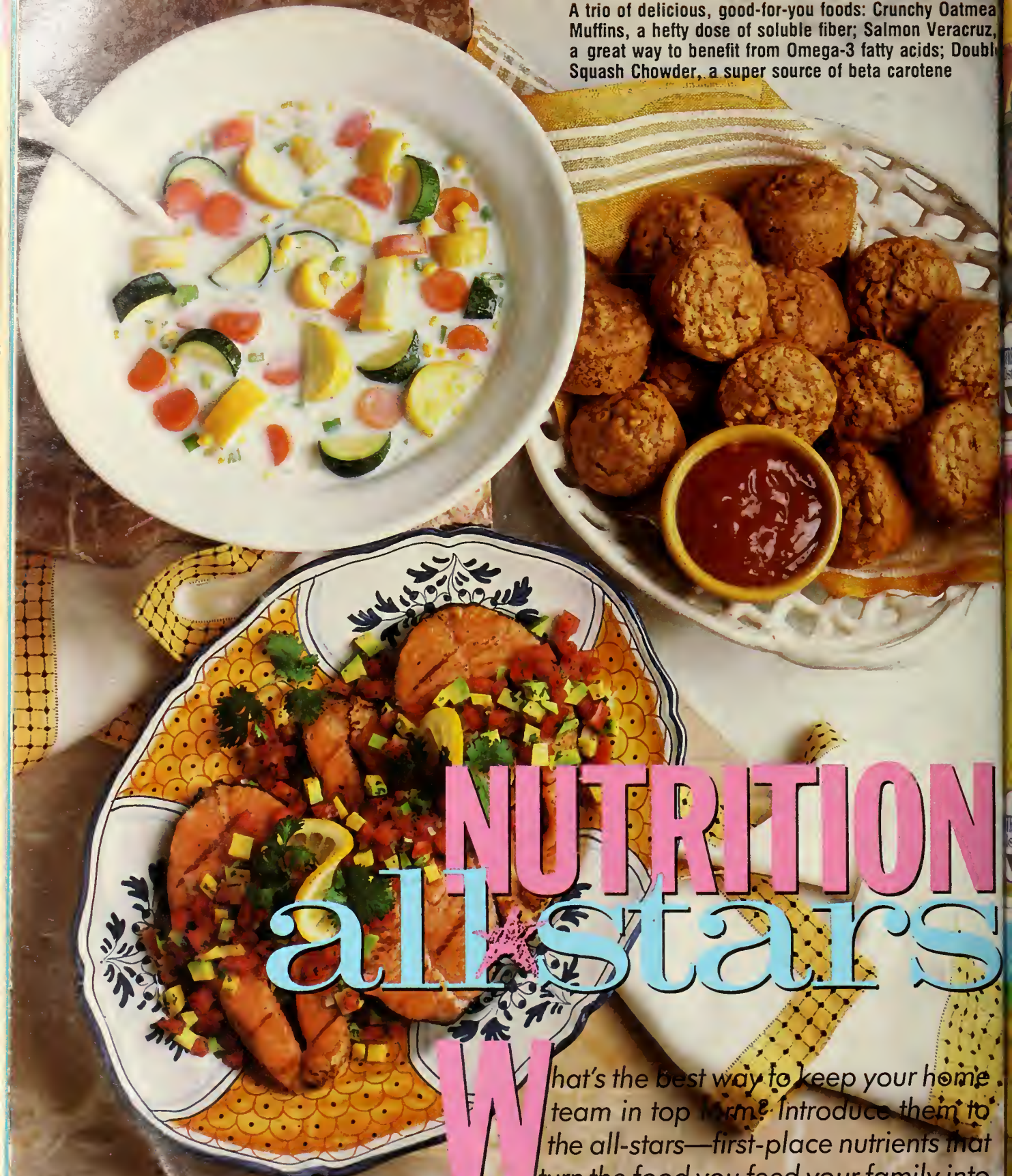




nother view of country Litchfield is found in mpler Shaker-inspired teriors. The dining oom at left and the liv- g room at right are dditions. Both have orious Palladian win- ows that make the ost of wonderful light nd landscape. Above, floral-painted floor oth complements the imitive pine table. pper right, a French ountry–style bedroom.



Lilo Raymond



A trio of delicious, good-for-you foods: Crunchy Oatmea Muffins, a hefty dose of soluble fiber; Salmon Veracruz, a great way to benefit from Omega-3 fatty acids; Doubl Squash Chowder, a super source of beta carotene

NUTRITION all-stars

What's the best way to keep your home team in top form? Introduce them to the all-stars—first-place nutrients that turn the food you feed your family into home runs! To help you pitch the healthiest meals ever, we've come up with great-tasting recipes full of the ingredients your MVPs need most. *Just turn to page 174.* *By Patricia Cobe*


STARCH
RITION
stars

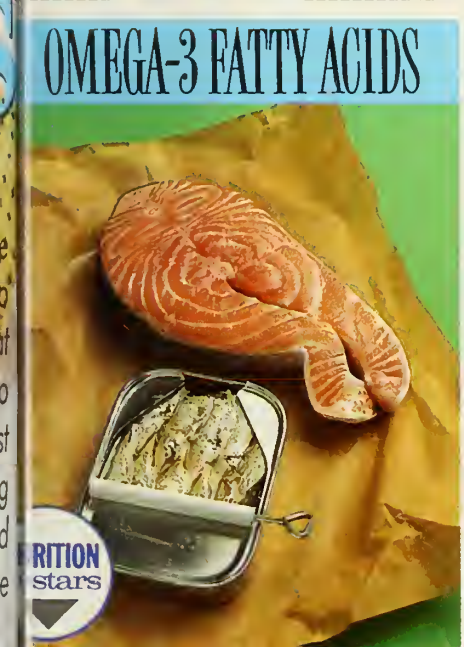

low sodium
NUTRITION
all·stars


soluble fiber
NUTRITION
all·stars


MONOUNSATURATED FATS
RITION
stars


calcium
NUTRITION
all·stars


beta carotene
NUTRITION
all·stars


OMEGA-3 FATTY ACIDS
RITION
stars


iron
NUTRITION
all·stars


INSOLUBLE FIBER
NUTRITION
all·stars

soluble fiber
(PECTINS, GUMS)

VITAL STATISTICS

It's recently been discovered that fiber falls into two broad categories—soluble ond insoluble. ■ Soluble fiber has been found to help the body reduce cholesterol ond metabolize carbohydrates.

BEST FOOD SOURCES

Fruits and vegetables (especially those eaten fresh with the peel), nuts, seeds. The most nutritious way to eat fruits and vegetables is raw or crisp-cooked.

ADDITIONAL INFO

Vary the types of fiber you eat to achieve a healthful balance between soluble and insoluble fiber. The National Concer Institute recommends consuming 25 to 30 grams *total* of fiber per day. There's no proof thot very large omounts of fiber will make you healthier, so toke it easy!



low sodium

VITAL STATISTICS

The average American's diet contains much more sodium than is needed. ■ Sodium is essential for the normal function of nerves and muscles and the regulation of blood volume and pressure, but watch out for excess sodium in mony pockoged foods, cured and processed meats, cheeses, breads, bakery products.

BEST FOOD SOURCES

Low-sodium and sodium-free foods; salt substitutions: chopped fresh herbs, curry powder and other spice blends, lemon and lime juice, wine and vinegar.

ADDITIONAL INFO

Most of the sodium we eat comes from table salt, but beware: The typical fast-food meal—hamburger, french fries ond carbonated soft drink—is extremely high in sodium.



STARCH
(COMPLEX CARBOHYDRATE)

VITAL STATISTICS

Provides o wealth of vitamins and minerals os well plenty of energy. ■ Low in fat, high in fiber, storch its fattening image from the company it keeps—r sauces on pasta, creomy toppings on potatoes.

BEST FOOD SOURCES

Potatoes, pasta, rice, bulgur wheat, corn, barley, dried beans, peas, bread.

ADDITIONAL INFO

Currently, nutritionists advocate cutting back on fat sugar and increasing the proportion of starchy food the diet to between 50 ond 55 percent. Combination certain starches—pasta and dried beons—prov enough protein to substitute for a meat-based moin d The intake of storch automatic increoses the intoke of fiber.



beta carotene
(PROVITAMIN A)

VITAL STATISTICS

Found in certain fruits and vegetables, beta corotene is converted to vitamin A in the body. ■ Helps maintain healthy skin ond mucous membranes. ■ High blood levels of beto corotene hove been linked to o lower occurrence of lung concer. ■ Hos been reloted to lowering the risk of concer of the esophagus and larynx.

BEST FOOD SOURCES

Carrots, squash, sweet potatoes, cantaloupe, apricots, peaches, dark-green leafy vegetables, citrus fruits and tomatoes.

ADDITIONAL INFO

Massive doses of vitomin A can be toxic, so stay away from vitamin-A supplements. Overconsumption of foods contoining corotene might temporarily couse skin to yellow.



calcium

VITAL STATISTICS

Helps build and maintain strong, dense bones and teeth. Calcium can also lower blood pressure. ■ More calcium is needed during odolescence, pregnancy and nursing and ofter menopouse than during other life stoges. ■ Too little colcium has been linked with osteoporosis.

BEST FOOD SOURCES

All dairy products; low-fat and skim-milk products are just as good. Other options: tofu, canned salmon with bones, dark-green leafy vegetables.

ADDITIONAL INFO

Three servings of high-calcium foods a day (four during pregnancy and the other cruciol times above) should fulfill the calcium quota—hard-to-swollow supplements aren't needed unless recommended by o doctor.



MONOUNSATURATED FATS

VITAL STATISTICS

All fats ore a blend of saturoted, monounsoturoted polyunsaturated ocids. Avoid highly saturated fats su os coconut and palm oil. ■ Recent studies show t monounsaturated fats may help lower cholesterol in blood ond reduce risk of heart disease.

BEST FOOD SOURCES

Olive oil. The biggest olive oil consumers—Greeks and Italians—seem to have lower rates of heart disease than people living in countries where saturated fats are more popular.

ADDITIONAL INFO

Your diet should derive no more than 30 to 35 percen its calories from fat; 10 percent of this number from saturated fat. Olive oil has the highest percentoge of monounsaturotes.



Illustrations by Gary Baseman

INSOLUBLE FIBER
(CELLULOSE, LIGNIN, HEMICELLULOSE)

VITAL STATISTICS

Promotes o healthy digestive tract, while preventing such oilments as constipation, diverticulosis ond possibly colon concer. ■ Creotes o full feeling—a bonus for dieters. ■ With soluble fiber, may ploy o port in preventing heart disease, concer, diobetes ond obesity.

BEST FOOD SOURCES

Whole grains and whole wheat products, including whole wheat pasta, corn tortillas, whole wheat and cracked wheat bread, bran muffins, brown rice, barley, whole grain ready-to-eat cereals, popcorn.

ADDITIONAL INFO

If your diet is low in fiber, nutritionists recommend, gradually increase fiber intake by choosing from the fiber-rich foods available—not by popping fiber capsules.



iron

VITAL STATISTICS

Women of childbearing age have the greotest iron needs becouse some of this important minerol is lost each month during menstruation. ■ If iron stores are not replenished, iron-deficiency anemio con result. ■ When iron-rich foods are not o big part of a diet, an over-the-counter supplement may be necessory.

BEST FOOD SOURCES

Lean red meat, liver, leafy green vegetables, dried fruits, dried beans and peas, nuts, potatoes, enriched and whole-grain breads, cereals, pasta.

ADDITIONAL INFO

Consuming a vitamin C–rich fruit, vegetable or juice with food containing iron will enhance iron absorption. Cooking in cast-iron pots moy olso increose iron intake.



OMEGA-3 FATTY ACIDS
(EPA, DHA)

VITAL STATISTICS

Effective in lowering cholesterol level in blood. ■ He reduce LDL cholesterol, the type thot gets deposited artery walls. ■ Also might prevent migraine headac and inflammotion from arthritis. ■ May be influentia reducing the risk of certain types of concer.

BEST FOOD SOURCES

Fattier ocean fish and shellfish: bluefish, tuna, salmon, mackerel, sardines, shrimp, lobsters, crat Also such freshwater fish as rainbow trout.

ADDITIONAL INFO

Increasing Omega-3 intoke by eating fish twice o wee the safest opproach. The fish oil used in copsules usually from fish livers, where chemi residues are concentroted. These pre rations might be harmful.





The key to good health is a well-balanced diet featuring a wide variety of foods eaten in moderation. And don't forget to exercise: Regular physical activity helps some nutrients work more effectively.

In the field above, the bases are loaded. From top: Mexican-style bulgur salad is rich in starch; Hot and Spicy Orange Beef provides plenty of iron; Ricotta Key Lime Pie is not only a cool way to end a meal but also an excellent source of calcium.

Thom DeSanto

MEAT LOAF ITALIANO



1 can Campbell's Zesty Tomato Soup/Sauce
1 lb. ground beef
12 oz. Italian sausage, casing removed
½ cup dry bread crumbs
½ cup grated Parmesan cheese
½ cup minced onion
1 egg, beaten
1 tbsp. Worcestershire sauce
⅓ cup water

1. In bowl, mix thoroughly ½ cup soup, beef, sausage, crumbs, cheese, onion, egg and Worcestershire. In baking pan, firmly shape into 8" x 4" loaf.
2. Bake at 350°F. for 1¼ hours or until done. Reserve 2 tbsp. drippings.
3. In saucepan, heat remaining soup, water and reserved drippings to boiling, stirring occasionally. Spoon over meat loaf. 8 servings.

BE A CREATIVE COOK

SHERRIED CHICKEN AND SWEET POTATOES



2 whole chicken breasts, split, skinned and boned (about 1 lb. boneless) or 1 lb. turkey breast slices
2 tbsp. butter
3 medium sweet potatoes, cooked and cut up
¼ cup dry sherry
1 can Campbell's Cream of Mushroom Soup
1 tbsp. orange juice
¼ tsp. rubbed sage
Orange slices and chopped parsley

1. Pound chicken to ¼" thickness.
2. In skillet over medium heat, in hot butter, cook and stir potatoes 1 min. Add sherry. Heat to boiling. Boil 1 min.
3. Stir in soup, orange juice and sage. Arrange chicken in skillet. Reduce heat to low. Cover; simmer 20 to 25 min. until chicken is fork-tender. Garnish with orange slices and parsley. 4 servings.



CHEDDAR GARDEN PASTA

1 lb. carrots, diagonally sliced
1 tbsp. butter
½ tsp. dried basil
1 can Campbell's Cream of Celery Soup
⅓ cup milk
½ cup shredded Cheddar cheese
2½ cups cooked corkscrew macaroni

1. In covered saucepan, in ½" of boiling water, cook carrots until tender; drain.
2. In same saucepan, heat butter over low heat. Cook basil 1 min., stirring constantly. Stir in soup, milk and cheese. Heat until cheese melts. Add carrots and pasta; toss to coat. Heat. 6 servings.

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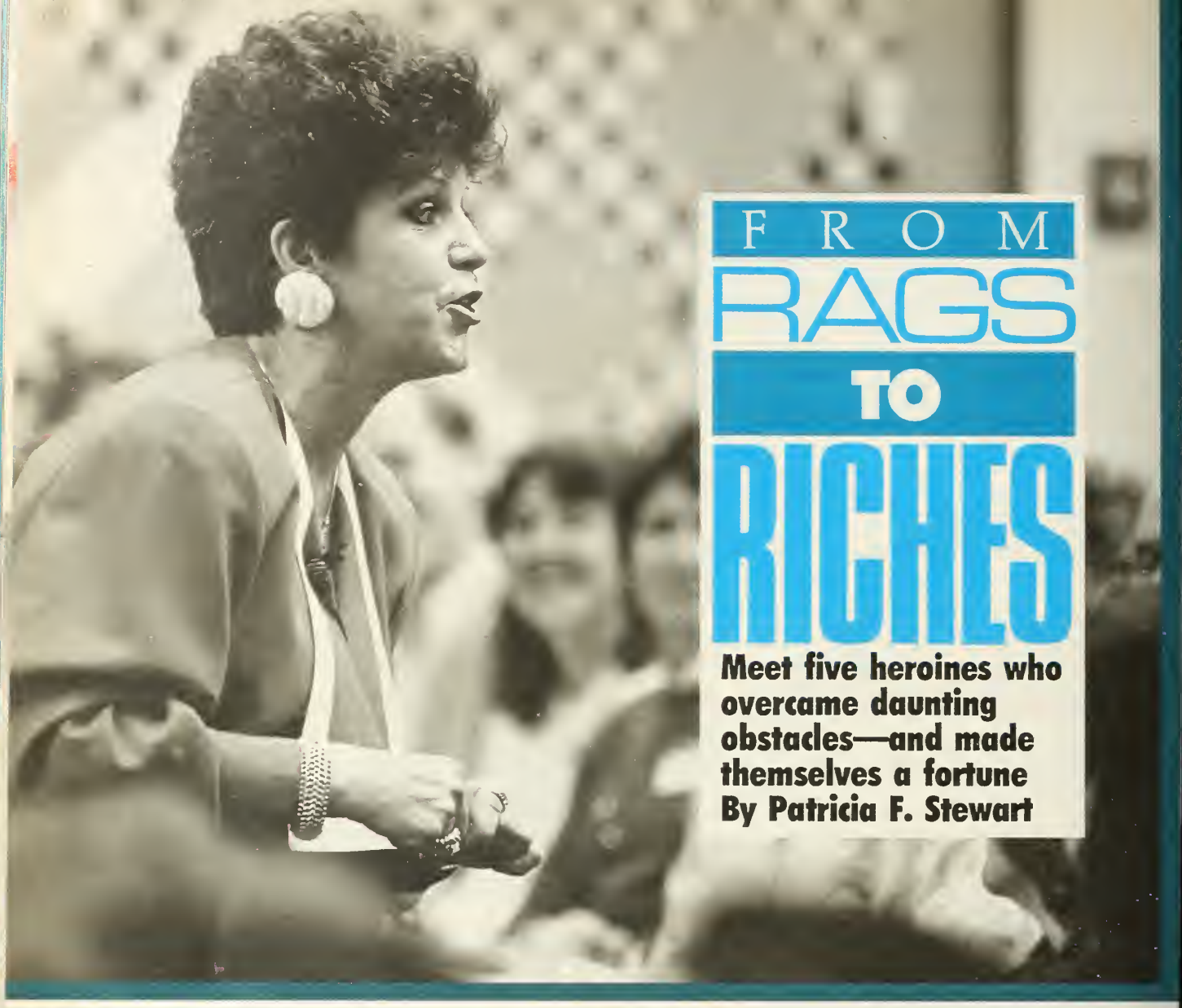
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AT THE BOTTOM OF IT ALL SOUP MAKES GOOD FOOD.



FROM RAGS TO RICHES

Meet five heroines who overcame daunting obstacles—and made themselves a fortune

By Patricia F. Stewart

AGAINST ALL ODDS

ANNE SADOVSKY

Sometimes, Anne Sadovsky believes, following a dream is more important than facing reality. A Texas native, Sadovsky ran away from home at fifteen to escape her alcoholic father. When she was nineteen, her husband had to be institutionalized because of brain injuries he suffered in a car accident. Sadovsky was alone, with two children to support and a progressive hearing disorder that eventually left her completely deaf.

But she refused to resign herself to a marginal existence; after years of work Sadovsky, forty-five, owns a consulting firm in Dallas, a $400,000 home and a Mercedes.

"Some people tell me I was just too ignorant to realize I never should have made it," she says, smiling.

After her husband's accident, Sadovsky went to work for a cosmetics company and heard a lecture on how "a positive attitude makes anything possible."

A few years later, Sadovsky landed a job as a personnel recruiter for a real-estate company. She quickly recognized the need for a training program for new employees, and her programs were so successful that Sadovsky, whose hearing had been partially restored, was eventually named a vice-president of a large real-estate company.

In 1981, Sadovsky started her own company, using $3,000 of a $20,000 loan. Working from her home, she began giving motivational talks to corporate employees. Within a year she had earned $58,000 and had hired employees of her own.

Sadovsky now brings in $200,000 annually by giving the same kind of lecture that originally inspired her.

"Happiness and success aren't related to your background," she says. "You have to learn to pull your own strings." ▶

John Neinhuis


"JUST MY SIZE®
TS ME SO WELL I MAY NEVER
EAR PANTS AGAIN . . . AND
IAT'S JUST FINE."
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undreds of tall and full-figured women
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POUNDS TO DOLLARS

Sybil Fergusan ance carried one hundr ninety pounds on her five-faat, five-in frame and was so paar she lived in house that had almost no furniture. B she drapped fifty-six paunds with the help of sensible eating plan and turned her loss into multimillion-dollar gain by founding the n tionwide Diet Center franchise operation.

Now Ferguson, fifty-three, af Rexburg, Id ho, can buy as much furniture as she wan for her three mansions.

A Canadian native who married her hig schaal sweetheart in 1952, Ferguson grew f while traveling around the country with h husband in his search for construction wor By the time she was twenty-twa, Fergusan h moved six times, borne four children and p on fifty-six unwanted pounds. "I was introvert and had no direction," she say sighing ruefully.

That excess weight was still with her twel years later, in 1968, when her doctor told h she was seriously malnourished as well obese. The news frightened Ferguson, by th the mother of five children, into taking actio

"I couldn't remember ever *not* being some diet," Ferguson says, "but suddenly I r alized that those fad diets had actually hurt m I became determined to lose weight sensibly

She developed a maderate eating pl based an saund nutritional principles, stuck it and slowly but surely lost every one those fifty-six pounds. The change was noticeable and dramatic that Ferguson's co pulent neighbors enlisted her help in their ow weight-loss campaigns.

Two years later, Ferguson began charging fee for her lectures and then decided franchise her knowledge. With the help of ward-af-mouth campaign, the center event ally became a $175-million-a-year heav weight in the dieting business.

Ferguson attributes her success to h persistence and to her parents' belief in he "They taught me that I could be anyone wanted to be.

"I'm not afraid of hard work," she adds. ' I woke up tamorrow and it was all strippe away, I'd just start again."

SYBIL FERGUSON


As alluring
as the emerald
itself.
EMERAUDE
Emeraude.
Surround yourself in its mystery.

FROM RAGS TO RICHES



Ken Rogers/Black Star

FROM ALABAMA FIELDS TO HOLMBY HILLS

EULA McCLANEY

Real-estate tycoon Eula McClaney didn't have to look far to find a recipe for success. It was right in her own kitchen. McClaney, the daughter of an Alabama sharecropper, had only a sixth-grade education, but she was determined to escape the poverty of the rural South. In 1941, when she was twenty-six, she, her husband and their two young daughters moved to a Pittsburgh housing project. For the first time, they had the luxury of running water. "It was heaven," McClaney recalls.

But times were still tough, and it wasn't long before she realized that her husband's coal-mining job didn't leave the family any extra money. So McClaney began baking her specialty: sweet-potato pie—with a ten-cent price tag.

Seven years and innumerable pies later, McClaney had saved $1,500. It was enough for a down payment on a three-family house that needed a lot of fixing up. She renovated the house herself, scrubbing, painting and hammering until it was fit to rent. That rental income eventually provided McClaney with the down payment for her next purchase. By 1957, McClaney owned thirty-three residential properties.

That year, McClaney took her daughters, LaDoris and Burnie, to Los Angeles for their first real vacation. But McClaney's business sense refused to take a holiday. She spotted a motel that looked like a sound investment; three months later, it was hers. McClaney, who eventually divorced her husband, moved to Los Angeles with her daughters and began expanding her holdings there. Over the years, she bought "more than twenty" residential and commercial properties (she won't say just how many more) in the Los Angeles area. And she, LaDoris and Burnie rolled up their sleeves and renovated the properties themselves.

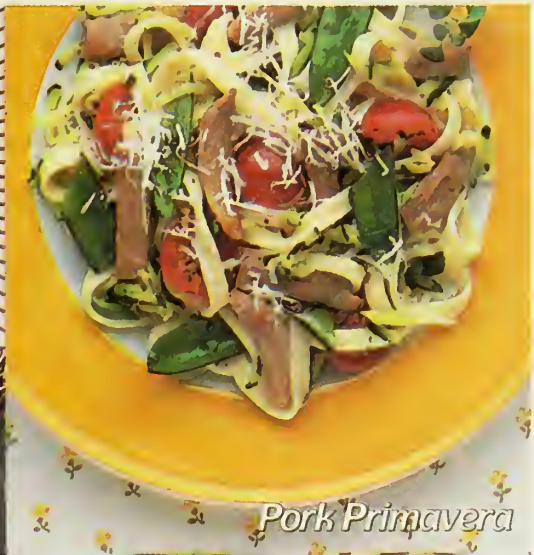
Finally, in 1975, the woman who was born in a run-down Alabama cabin bought an opulent mansion for herself and her daughters in the exclusive Holmby Hills section of Los Angeles, where their neighbor is television magnate Aaron Spelling.

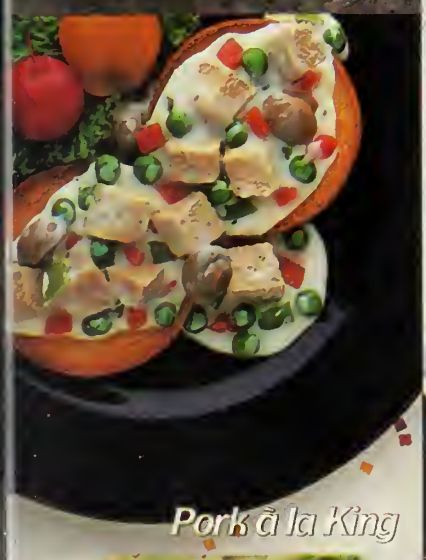
These days, philanthropy is as important to McClaney as real estate. She gives millions of dollars to her favorite organizations and causes, including the United Negro College Fund and the American Lung Association, and she has won more than two hundred awards for her charitable donations. She turned the motel, her first California investment, into a home for developmentally disabled adults. And when Burnie died in 1985, McClaney and LaDoris donated her money to various charities and gave their own contributions in her memory.

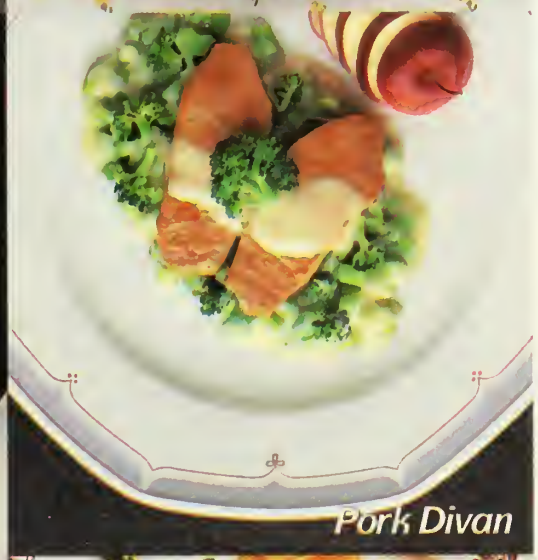
McClaney's advice to aspiring entrepreneurs? It's as simple and unpretentious as her Southern roots: "Roll up your sleeves, get to work and always, always use every stumbling block as a stepping-stone." ▶

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THE PRINCESS OF PRODUCE

FRIEDA CAPLAN

To Frieda Caplan, selling fruits and vegetables isn't just a job. It's an adventure. As the owner of Frieda's Finest, of Los Angeles, Caplan has spent the past twenty-five years bringing such exotica as elephant garlic, round carrots and yellow watermelons to American consumers who had previously known only garden-variety produce such as beefsteak tomatoes, red apples and green grapes.

Since she opened her business, sales have grown to $15 million annually. That's a lot of lettuce for a woman who started thirty-one years ago as a clerk in her relatives' produce store.

"I needed a job then with flexible time so I could nurse my baby," Caplan, sixty-four, explains modestly. It seems she took a motherly pride in the merchandise, too.

Her vigorous one-on-one marketing efforts soon boosted the store's sales, and Caplan became so fascinated by the business that she opened her own wholesale outlet in 1962 with a $10,000 loan from her father, a Russian immigrant.

Word of Caplan's willingness to stock unusual produce spread quickly among innovative storekeepers. "It became an if-you-need-something-weird-go-ask-Frieda kind of thing," Caplan says with a chuckle. Within the year, she was able to repay her father's loan.

Since then, Frieda's Finest has become the IBM of exotic produce. She now ships four hundred kinds of fruits and vegetables and serves virtually every retail outlet in the United States and Canada.

Caplan is credited with a number of industry innovations. She was the first to ship her most fragile produce aboard planes and in ultramodern refrigerated containers. She has also popularized such once-rare items as jicamas, enoki mushrooms and miniature, or baby, vegetables.

But Caplan's biggest coup came when she renamed the Chinese gooseberry, morketing the fuzzy green item as the kiwifruit. The rest is nouvelle cuisine history.

Despite her company's size, Caplan, who's married and the mother of two, still believes in the personal touch. She sends her customers a weekly "Hot Sheet" that lists up-and-coming products, and, like o footboll cooch, she urges her greengrocers on to retailing victory. "Mr. Merchandiser and Mr. Buyer—go for it!!! Sell!!! Sell!!!" But she also includes chatty items about her failure to lose weight and her "mother's pride" in her older daughter, Koren, now president of the company, ond her younger daughter, "super salesperson Jackie."

Caplan says it's really no mystery that her business has mushroomed. "I've always been willing to listen to customers and to try anything new. And I've alwoys tried to ossociate with unconventional people. They have the best ideas." ▶

Ken Rogers/Black Star

"Introducing my Saucy Stir-Fry: The toughest thing you'll have to make is a decision."





Chef Byron J. Bardy, C.M.C.
One of only 31 Certified Master Chefs in the country.
Creator of Heinz HomeStyle Gravies.

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"Let me give you an example: strips of chicken, fresh snow peas, broccoli, crisp red peppers, Oriental seasonings and Heinz HomeStyle Chicken Gravy. In a skillet or a wok, you've got a meal that's tender and rich in a matter of minutes.

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For other recipes, send a self-addressed stamped envelope to: HomeStyle Gravy Recipes, H.J. Heinz Company, P.O. Box 28, D-124, Pittsburgh, PA 15230.

Saucy Stir-Fry

1 lb boneless chicken, beef sirloin or flank steak, turkey, pork, or veal cut into 3/8 inch strips
1 tsp minced fresh gingerroot or 1/4 tsp. ground ginger
2 Tbsp sesame or vegetable oil
4 cups fresh vegetables (your choice of sliced zucchini, mushrooms, bell peppers or celery, broccoli flowerets or snow pea pods)
1 jar (12 ounces) Heinz HomeStyle Gravy
2 Tbsp soy sauce
Dash pepper
Hot cooked rice

In a preheated large skillet, stir-fry meat and gingerroot in oil; remove. Stir-fry vegetables 2 to 3 minutes or until tender-crisp, adding more oil if necessary. Stir in gravy, soy sauce and pepper. Return meat to skillet; heat. Serve with rice. Makes 4 servings (about 4½ cups).

NOTE: One package (16 ounces) frozen farm fresh vegetable mixtures may be substituted. After removing meat, add vegetables. Cover; cook 2 to 3 minutes, stirring twice. Proceed as above.

Try these tasty combinations: Chicken breasts with Chicken Gravy, veal cutlets with Mushroom Gravy, pork tenderloin with Pork Gravy, flank steak with Brown with Onions Gravy.



Heinz

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BUILDING AN EMPIRE

Jacqui Bradley still shudders when she remembers her first big mistake in the contracting business—agreeing to do a $1,500 road-painting job for $269. "It would have been cheaper far me not to do it," the Chicago resident says, "but in this field your word is your bond. If I had walked away, I wouldn't be where I am now."

Where she is now is a very comfortable place indeed. Bradley, in her early thirties, owns Directions Metropolitan, a construction firm that's building a solid record (it's reached $3.2 million in sales).

The rough-and-tumble construction business is an unlikely one for a woman who majored in the sedate field of accounting. But Bradley soon grew bored with keeping ledgers ("I wonted to be where things were happening"), and in 1978 she starting working for the Chicago Economic Development Corporation. During her four years there, she learned all she could about construction contracting.

In 1982, Brodley went into business for herself. In a move that was more daring than prudent, she acquired a string of credit cards and racked up a $44,000 debt far such essentials as furniture and office space. Bradley paid her four employees with the weekly payments her customers gave her, but she didn't draw a salary for herself until 1984; instead, she lived meagerly off her savings. And she worked from seven in the morning until ten at night, both behind a desk and on the road. (She once used a broomstick to mix paint when more complex equipment failed.)

Frugality and industriousness come noturolly to Bradley, whose mother, Wilhelmena, raised her on her own. "There were hard times," Bradley says reflectively, "but my mother worked to give me everything I needed."

Now, Directions Metropolitan has sixty-six employees, Bradley has paid all her original debts, and she doesn't have to mix paint herself anymore. "I feel this is just the beginning," she soys optimistically.

Success isn't without its price, though; she has no one special in her life. "But it's not over," Bradley says, smiling. "I'll marry when I'm forty-five to help reduce the divorce rate."

JACQUI BRADLEY

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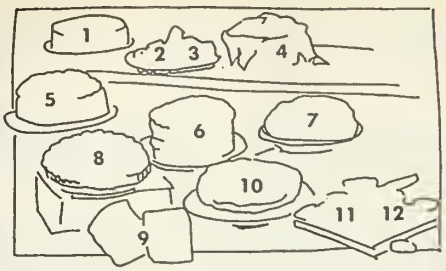
"What more could a guy ask for? Everyone else is asleep. My favorite Lucy rerun is on. And someone even added cashews and apricots to the Toll House pan cookies."

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I BAKE SALE

continued from pages 134–135

ır blue-ribbon winners, as shown on ıges 134–135. 1. Orange Delight Cake 2. ramel Pecan Coffee Rolls 3. Oatmeal Mi-owave Cake 4. Double Chocolate Brownies Banana Layer Cake 6. Toasted Walnut yer Cake 7. Spicy Applesauce Bundt Cake Fresh Pear Pie 9. Date-Walnut Bread 10. ıe Ribbon Lemon Meringue Pie 11. Snicker-odles 12. Lemon-Filled Sandwich Cookies



DATE-WALNUT BREAD

Nadine Blesener, North Dakota State Fair

rep time: 25 minutes plus standing
aking time: 40 to 50 minutes

- 1 package (10 oz.) pitted dates, coarsely chopped
- 2 teaspoons baking soda
- ½ cups boiling water
- 3 cups all-purpose flour
- ¼ teaspoon salt
- 3 eggs
- ¼ cups sugar
- ½ teaspoons vanilla extract
- ½ cup butter, melted and cooled
- 2 cups chopped walnuts

bowl combine dates, baking soda ıd water. Let stand until cooled. Preheat oven to 325°F. Grease five ¼x3¼-inch foil loaf pans. In bowl mbine flour and salt. In mixer bowl at eggs, sugar and vanilla just until ended. Beat in butter. Beat in dry gredients alternately with date mix-re, beginning and ending with dry gredients. Fold in nuts. Spoon into epared pans. Bake 40 to 50 minutes, ıtil a toothpick inserted in center mes out clean. Cool in pans on a wire ck. Makes 5 loaves, 8 slices per loaf, 5 calories per slice.

FRESH PEAR PIE

Anna Davis, California State Fair

ep time: 50 minutes
ıking time: 60 to 65 minutes

- ½ cup firmly packed brown sugar
- 2 tablespoons flour
- ½ teaspoon cinnamon
- Pinch allspice
- Pinch cardamom
- Pinch nutmeg
- Pinch salt
- 5 cups peeled, sliced pears
- 2 teaspoons lemon juice
- ½ teaspoons vanilla extract

ever-Fail Crust

- 3 cups all-purpose flour
- 1 teaspoon salt
- 1¼ cups shortening
- 1 egg, beaten
- 5 tablespoons cold water
- 1 tablespoon distilled vinegar

- tablespoon butter
- Water
- 1 tablespoon milk
- 2 teaspoons granulated sugar

In large bowl combine brown sugar, flour, spices and salt. Add pear slices, lemon juice and vanilla; toss gently until well mixed. Set aside.

Never-Fail Crust: Preheat oven to 400°F. In large bowl combine flour and salt. With a pastry blender or 2 knives, cut in shortening until mixture resembles coarse crumbs. In small bowl combine egg, water and vinegar. Add all at once to flour mixture. Stir until pastry is moist enough to hold together. Shape into a ball. Divide pastry into 2 pieces, one slightly larger than the other. On lightly floured surface roll larger piece into an 11-inch circle. Line a 9-inch pie plate with pastry. Trim, leaving about a ½-inch overhang. Reserve scraps. Roll remaining pastry into a 10-inch circle. Set aside.

Spoon fruit into pastry-lined pie plate, mounding in center. Dot with butter. Lightly brush rim of bottom crust with water. Cover with top crust and fold edge under bottom crust. Flute edge. Decorate top with leftover pastry if desired. Cut small steam vents. Brush with milk and sprinkle with sugar. Bake 15 minutes. Reduce temperature to 375°F. Bake 45 to 50 minutes more, until crust is golden and juices begin to bubble. Makes 8 servings, 460 calories each.

BANANA LAYER CAKE

Janice Livelsberger, Los Angeles County Fair

Prep time: 30 minutes plus cooling
Baking time: 25 to 30 minutes

- 2 cups sifted all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- ½ teaspoon salt
- ¾ cup shortening
- 1½ cups sugar
- 2 eggs
- 1 teaspoon vanilla extract
- 1 cup mashed ripe bananas
- ½ cup buttermilk
- ½ cup chopped pecans
- 1 cup shredded coconut

Creamy Nut Filling

- ½ cup sugar
- 2 tablespoons flour

(continued)

Nestlé TOLL HOUSE

CREATE A PAN COOKIE

2¼ c. all-purpose flour
1 tsp. baking soda
½ tsp. salt
1 c. butter, softened
¾ c. sugar
¾ c. firmly packed brown sugar
1 tsp. vanilla extract
2 eggs
One 6-oz. pkg. (1 c.) Nestlé® TOLL HOUSE® Semi-Sweet Chocolate Morsels

One of the flavor options below:

1. GRANOLA NUT:
Stir in 2 c. granola cereal, 1 c. raisins and 1 c. chopped walnuts.

2. APRICOT-CASHEW:
Stir in 2 c. granola cereal, 1 c. chopped dried apricots and 1 c. chopped dry-roasted cashews.

3. APPLE-OATMEAL:
Decrease flour to 2 c. Stir in 2¼ c. quick oats, uncooked, 1 c. diced, pared apples and 1 tsp. cinnamon.

4. CARROT-PINEAPPLE:
Increase flour to 2¾ c. Add ½ tsp. cinnamon, ¼ tsp. allspice and ¼ tsp. nutmeg. Stir in 1 c. shredded carrots, one 8-oz. can juice-packed crushed pineapple, well-drained, and ¾ c. flaked coconut.

Preheat oven to 375°F. In bowl, combine flour, baking soda and salt; set aside. In bowl, beat butter, sugar, brown sugar and vanilla extract until creamy. Beat in eggs. Gradually add flour mixture. Stir in morsels and ingredients for flavor option. Spread into ungreased 15½" x 10½" x 1" baking pan.

BAKE at 375°F. TIME: 18-20 min. Cool. Cut into 2" squares. Makes 35 squares.



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BAKE SALE
continued

- ½ cup half and half cream
- 2 tablespoons butter
- ½ cup chopped pecans
- Pinch salt
- 1 teaspoon vanilla extract

ıite Snow Frosting

- 1 egg white
- ¼ cup shortening
- ¼ cup butter
- ½ teaspoon vanilla extract
- 2 cups sifted confectioners' sugar

:heat oven to 375°F. Grease and flour two 9-inch round .e pans.

n medium bowl combine flour, baking soda, baking powder l salt. In mixer bowl cream shortening and sugar until ıt and fluffy. Add eggs and vanilla; beat 2 minutes. Add ıanas and beat 2 minutes more. Beat in dry ingredients ernately with buttermilk, beginning and ending with dry redients. Fold in pecans. Pour into prepared pans. Sprinkle cup coconut on each layer. Bake 25 to 30 minutes, until a thpick inserted in center comes out clean. Cool on rack 10 ıutes. Remove from pans; cool on rack, coconut side up.

amy Nut Filling: Meanwhile, in medium saucepan com- e sugar, flour, cream and butter. Bring to a boil over dium heat, stirring constantly. Boil 1 minute. Stir in pe- s, salt and vanilla. Cool.

'lace 1 cake layer, coconut side down, on a serving plate; ead with filling. Top with second cake layer, coconut side Spread three quarters of the frosting on sides of cake. :oratively pipe top edge with remaining frosting. Makes 16 vings, 445 calories each.

ite Snow Frosting: In mixer bowl cream egg white, short- ng, butter and vanilla. Gradually beat in confectioners' ar; continue beating until light and fluffy.

ORANGE DELIGHT CAKE
Irene Losey, Oregon State Fair

p time: 1 hour plus cooling. Baking time: 25 to 30 minutes

- cups cake flour
- tablespoon baking powder
- teaspoon salt
- eggs, separated, at room temperature
- cup butter
- cups sugar
- tablespoon grated orange peel
- cup fresh orange juice

ınge Filling

- ⅓ cup cornstarch
- 1 cup sugar
- ½ teaspoon salt
- 1 cup fresh orange juice
- 1 tablespoon fresh lemon juice
- 1 tablespoon grated orange peel
- 2 tablespoons butter

ıipped Cream Frosting

- 1 cup milk
- ¼ cup all-purpose flour
- 1 cup butter, softened
- 1 cup sugar
- 2 teaspoons grated orange peel
- 1 teaspoon vanilla extract
- Pinch salt

Grated orange peel, for garnish *(continued)*

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BAKE SALE
continued

Preheat oven to 350°F. Grease bottoms of three 9-inch round cake pans; line with wax paper. Grease and flour pans.

In bowl combine flour, baking powder and salt. In mixer bowl beat egg yolks until thick and pale; set aside. In another mixer bowl cream butter and sugar until fluffy. Add orange peel and beaten egg yolks; mix well. Beat in dry ingredients alternately with orange juice, beginning and ending with dry ingredients. In clean mixer bowl beat egg whites until stiff but not dry. Fold into batter. Divide evenly among prepared pans. Bake 25 to 30 minutes, until toothpick inserted in center comes out clean. Cool in pans on a wire rack 10 minutes. Remove from pans; discard wax paper and cool completely.

Orange Filling: In heavy saucepan combine cornstarch, sugar and salt. Gradually stir in orange and lemon juices. Bring to a boil over medium heat, stirring constantly. Boil until thickened, about 1 minute. Remove from heat; stir in orange peel and butter. Cool to room temperature.

Whipped Cream Frosting: In saucepan combine milk and flour. Bring to a boil over medium heat, stirring constantly. Boil until thickened, about 1 minute. Cool. In mixer bowl cream butter, sugar and orange peel until fluffy. Add cooled milk mixture; beat 3 to 5 minutes, until frosting is very light and fluffy. Stir in vanilla and salt.

Place 1 cake layer on a plate; spread top with half the filling. Repeat with second layer and remaining filling. Top with third layer; frost sides and top. Garnish with candied orange peel. Makes 16 servings, 470 calories each.

OATMEAL MICROWAVE CAKE
Carla Bouffard, Kansas State Fair

Prep time: 15 minutes
Microwave time: 19 to 22 minutes

- 1 cup oats, uncooked
- 1½ cups water
- 1⅓ cups sifted all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon cinnamon
- ½ teaspoon salt
- ¼ teaspoon nutmeg
- ½ cup butter
- 1 cup firmly packed brown sugar
- ½ cup granulated sugar
- 2 eggs
- 1½ teaspoons vanilla extract

Coconut Caramel Topping

- 1 cup shredded coconut
- ½ cup chopped walnuts
- ½ cup firmly packed brown sugar
- ½ cup milk
- ¼ cup butter
- Dash salt

In 1½-quart glass bowl combine oats and water. Microwave on High 3 minutes or until mixture is thickened, stirring after 2 minutes. In medium bowl combine flour, baking soda, cinnamon, salt and nutmeg. In mixer bowl cream butter and sugars until light and fluffy. Add eggs one at a time, beating well after each addition. Stir in vanilla and oatmeal mixture. Gradually add dry ingredients, beating well after each. Pour into a 12x8x2-inch microwaveproof baking dish. Microwave on High 10 to 12 minutes, until toothpick inserted in center comes out clean, rotating dish halfway through cooking. While still warm, spread cake with Topping. Makes 16 servings, 290 calories each.

Coconut Caramel Topping: In 1-quart microwaveproof dish combine all ingredients. Microwave on High 6 minutes or until thick and bubbly, stirring every 2 minutes.

CARAMEL PECAN COFFEE ROLLS
Joanne Larson, Minnesota State Fair

Prep time: 30 minutes plus rising
Baking time: 30 to 35 minutes

- 2 packages active dry yeast
- ½ cup warm water (105°F.-115°F.)
- 1 cup plus 1 teaspoon sugar
- ½ cup plus 6 tablespoons butter, softened
- 2 eggs
- 1½ cups lukewarm milk
- 5 to 6 cups all-purpose flour
- 1½ teaspoons salt
- 2 teaspoons cinnamon

Caramel Topping

- 2¼ cups firmly packed brown sugar
- 1¼ cups butter
- 5 tablespoons corn syrup
- ¾ cup chopped pecans

In cup dissolve yeast in warm water with 1 teaspoon sugar. Let stand 5 minutes. In mixer bowl beat ½ cup sugar, ½ cup butter and the eggs until light and fluffy. Add milk, dissolved yeast, 2 cups flour and salt. Beat 3 minutes. Beat in additional flour (about 3 cups) until dough pulls away from sides of bowl. On floured surface knead dough 8 to 10 minutes, until smooth and elastic. Place in greased bowl, turning to grease top. Cover; let rise in a warm, draft-free place until doubled in bulk, 1 to 1½ hours.

In bowl combine remaining ½ cup sugar and cinnamon. Set aside.

Caramel Topping: In medium saucepan combine all ingredients except pecans. Heat over medium heat, stirring constantly, just until sugar is dissolved. Divide mixture evenly between two 13x9-inch baking pans, then sprinkle on pecans.

Punch dough down. Divide in half. Roll 1 piece to an 18x15-inch rectangle. Spread with 3 tablespoons butter; sprinkle with ¼ cup cinnamon-sugar. Roll tightly from long side; pinch edge to seal. Cut into eighteen 1-inch slices. Place cut side down in prepared pan. Repeat with remaining dough, 3 tablespoons butter and ¼ cup cinnamon-sugar. Cover; let rise 30 to 45 minutes, until doubled in bulk.

Meanwhile, preheat oven to 350°F. Bake 30 to 35 minutes, until golden brown. Cool in pans 10 minutes. Invert on a wire rack set over wax paper. Let stand 1 minute, then remove pans. Serve warm. Makes 3 dozen, 250 calories per roll. *(continued)*

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TANGY CHICKEN

Brown 2 to 2½ pounds chicken pieces in 2 tablespoons butter in skillet. Drain fat. Combine ½ cup Heinz 57 Sauce, ⅓ cup water; pour over chicken. Cover; simmer 30 minutes or until chicken is tender; baste occasionally. Remove cover; simmer an additional 10 to 15 minutes. Skim excess fat from sauce. Serve sauce over chicken. Makes 4-5 servings.



GREAT AMERICAN MEAT LOAF

Thoroughly combine 1½ pounds ground beef, 1 slightly beaten egg, ½ cup seasoned dry bread crumbs, ¼ cup finely chopped onion, ¼ cup milk, ¼ cup Heinz 57 Sauce, ¾ teaspoon salt, ⅛ teaspoon pepper. Shape into a loaf (8" x 4" x 1½") in shallow baking pan. Bake in 350°F oven, 1 hour. Allow meat loaf to stand 5 minutes before slicing. Makes 6 servings.

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BAKE SALE
continued

TOASTED WALNUT LAYER CAKE
Brenda Danuser, Missouri State Fair

Prep time: 30 minutes
Baking time: 30 to 35 minutes

- 2 cups all-purpose flour
- 1 teaspoon baking soda
- ¼ teaspoon salt
- ½ cup butter
- ½ cup shortening
- 2 cups sugar
- 5 eggs, separated
- 1 cup buttermilk
- 1 teaspoon vanilla extract
- 2 cups chopped toasted walnuts, divided
- 1½ cups shredded coconut, divided
- ½ teaspoon cream of tartar

Cream Cheese Frosting

- ½ cup butter, softened
- 1 package (8 oz.) cream cheese, softened
- 3½ cups confectioners' sugar
- 1 teaspoon vanilla extract

Preheat oven to 350°F. Grease and flour three 9-inch round cake pans.

In medium bowl combine flour, baking soda and salt. In mixer bowl cream butter, shortening and sugar. Add egg yolks and beat 2 minutes. Beat in dry ingredients alternately with buttermilk, beginning and ending with dry ingredients. Stir in vanilla, 1½ cups walnuts and 1 cup coconut. In clean mixer bowl beat egg whites and cream of tartar until stiff but not dry. Fold into batter. Divide batter evenly among prepared pans. Bake 30 to 35 minutes or until a toothpick inserted in center comes out clean. Cool in pans on wire racks 10 minutes. Remove from pans; cool completely.

Spread top of 1 cake layer with one-third of the frosting. Repeat, layering and frosting two more times. Sprinkle top with remaining ½ cup coconut and remaining ½ cup walnuts. Makes 16 servings, 640 calories each.

Cream Cheese Frosting: In mixer bowl cream butter and cream cheese until well blended. Beat in confectioners' sugar and vanilla until fluffy.

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BLUE RIBBON LEMON MERINGUE PIE
Harriett Westman, New Mexico State Fair

Prep time: 1 hour
Cooking time: 15 to 20 minutes

- 2 cups sugar, divided
- 3 tablespoons cornstarch
- 2 tablespoons flour
- Dash salt
- 1½ cups water
- 6 egg yolks, lightly beaten
- 1½ teaspoons grated lemon peel
- 6 tablespoons fresh lemon juice
- 3 tablespoons butter
- 4 egg whites, at room temperature
- ¼ teaspoon cream of tartar
- ½ teaspoon vanilla extract
- 1 9-inch baked pie shell with high fluted edge

In heavy saucepan combine 1½ cups sugar, cornstarch, flour and salt. Gradually stir in water until well blended. Bring to a boil, stirring, over medium heat. Boil 3 minutes. Remove from heat. Whisk about half the mixture into egg yolks. Whisk egg yolk mixture back into hot mixture. Return to a boil, stirring constantly. Boil, stirring, 3 minutes more. Add lemon peel, juice and butter; cook, stirring, about 2 minutes more, until very thick. Cover and set aside while making the meringue.

Preheat oven to 350°F. In mixer bowl beat egg whites and cream of tartar until foamy. Gradually beat in remaining ½ cup sugar until soft peaks form. Beat in vanilla. Spoon hot filling into baked pie shell. Starting at edge of pie, spread meringue over filling. Bake 15 to 20 minutes, until meringue is golden brown. Cool 4 hours at room temperature before serving. Makes 8 servings, 415 calories each.

SNICKERDOODLES
Margo J. Shull, Ozark Empire Fair

Prep time: 30 minutes. Baking time 10 to 12 minutes per batch

- 2¾ cups all-purpose flour
- 2 teaspoons cream of tartar
- 1 teaspoon baking soda
- ¼ teaspoon salt
- ½ cup butter, softened
- ½ cup shortening
- 1½ cups plus 6 tablespoons sugar
- 2 eggs
- 2 teaspoons cinnamon

Preheat oven to 375°F. In medium bowl combine flour, cream of tartar, baking soda and salt. In mixer bowl beat butter, shortening, 1½ cups sugar and eggs until light and fluffy. Beat in flour mixture. In small bowl combine remaining 6 tablespoons sugar and cinnamon. Shape dough into 1-inch balls and roll in cinnamon-sugar. Place 2 inches apart on ungreased cookie sheets. Bake 10 to 12 minutes per batch. Cool on cookie sheets. Makes about 6 dozen, 65 calories each.

LEMON-FILLED SANDWICH COOKIES
Laura Case York, Florida State Fair

Prep time: 45 minutes
Baking time: 6 to 8 minutes per batch

- ½ cup butter, softened
- ½ cup sugar
- 1 tablespoon water
- 1 teaspoon vanilla extract
- 2 egg yolks
- 1½ cups all-purpose flour
- ½ teaspoon salt
- ¼ teaspoon baking soda
- 1 egg white, lightly beaten
- ¾ cup chopped pecans

Lemon Filling

- 1 cup confectioners' sugar
- 2 teaspoons butter, softened
- 1 teaspoon grated lemon peel
- 4½ teaspoons fresh lemon juice

In mixer bowl cream butter, sugar, water and vanilla until light and fluffy. Beat in egg yolks one at a time. Beat in flour, salt and baking soda. Divide dough in half. Roll each half into a 7x1½-inch log. Wrap and refrigerate about 2 hours or until firm.

Preheat oven to 400°F. Cut each roll in ⅛-inch slices. Place 1 inch apart on ungreased cookie sheets. Brush half the cookies with beaten egg white; sprinkle chopped pecans evenly over brushed cookies. Bake all cookies about 6 to 8 minutes per batch, until edges begin to brown. Cool on a wire rack. Spread Lemon Filling on plain cookies. Top with nut-topped cookies. Makes 3½ dozen, 75 calories each.

Lemon Filling: In bowl mix all ingredients until smooth.

(continued)

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MAKE-IT-EASY MEALS



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PERFECTLY SIMPLE ROAST CHICKEN

1 tablespoon flour
1 stalk celery, sliced
1 medium onion, sliced
5 to 7 pound roasting chicken
1 tablespoon vegetable oil
Paprika, salt and pepper

Preheat oven to 350° F. Shake flour in large size (14″ × 20″) Reynolds Oven Cooking Bag, place in 13 × 9 × 2-inch baking pan. Place half the onion and celery in bag. Rinse chicken; pat dry. Sprinkle cavity of chicken with seasonings; place remaining vegetables inside cavity. Brush chicken with oil; sprinkle with seasonings. Place chicken in bag on top of vegetables. Close bag with nylon tie; make 6 half-inch slits in top. (If there is a pop-up thermometer, make one slit for it.) Bake 1¼ to 1½ hours or until tender.
Makes 4 to 6 servings.



eheat oven to 350°F. Grease and
ur a 12-cup (10-inch) Bundt pan.
ss raisins with 2 tablespoons flour.
bowl combine remaining flour, the
king soda, spices and salt. In mixer
wl beat butter, sugars and egg until
ht and fluffy. Beat in dry ingredi-
ts alternately with applesauce, be-

Chocolate Frosting

2½ tablespoons butter, softened
1 cup confectioners' sugar
2½ tablespoons unsweetened cocoa
1 tablespoon milk
¾ teaspoon vanilla extract

Pages 138-139: Bedroom: designer, Rosie Ripley, Designs Unlimited. Frette sheets from Bergdorf Goodman, 754 Fifth Ave., NYC 10019, 212-753-7300.
NUTRITION ALL-STARS
Page 142: Italian hand-painted platter from Connoisseur Collections at Lord & Taylor, 424 Fifth Ave., NYC 10018.
Page 143: Cutting board, top, and tub, center, from The Pottery Barn, 231 10th Ave., NYC 10010. Tray, top right, and basket, center right, from Wolfman Gold and Good Co., 484 Broome St., NYC 10012. Cutting board, bottom, by Mikasa, 30 W. 23rd St., NYC 10001. Bowl, bottom, from Broadway Panhandler, 520 Broadway, NYC 10012.
Page 145: Bowl from Connoisseur Collections at Lord & Taylor.

15-MINUTE GOURMET

continued from page 123

***Pork Tenderloin with Sesame Sauce**
Sautéed Yams
Kale
Purchased Apple Pie
*Recipe given

Preparation plan: Start microwaving the pork; once you've turned it, begin steaming frozen kale. Sauté drained canned yams in butter with a pinch of ginger about 5 minutes. As you sit down to dinner, heat apple pie.

PORK TENDERLOIN WITH SESAME SAUCE

pictured on page 123

Prep time: 5 minutes
Microwave time: 10 minutes

- 1¼ pounds pork tenderloin, trimmed
- 1 tablespoon browning and seasoning sauce
- Salt and freshly ground pepper
- 1 tablespoon sesame seed
- 2 tablespoons brown sugar
- 1 tablespoon Oriental sesame oil
- 1 tablespoon cider vinegar
- 1 tablespoon Dijon mustard
- 1 tablespoon water

Rub pork with browning sauce. Place in a microwaveproof dish and cover loosely with plastic wrap. Microwave on High 5 minutes, rotating dish a quarter turn and turning pork over halfway through cooking. Microwave on Medium 5 minutes more, rotating dish and turning pork halfway through. Remove from oven and let stand 5 minutes. Season with salt and pepper.

Meanwhile, in small skillet toast sesame seed over high heat, stirring frequently. Remove from heat and stir in brown sugar, cil, vinegar, mustard and water. Return to heat and cook until slightly thickened, about 5 minutes. Makes 4 servings, 345 calories each.

***Sautéed Scallops and Bacon**
Sugar Snap Peas
White and Wild Rice
Purchased Lemon Cake

Preparation plan: This menu is easy to pull off in 15 minutes if you cook the bacon first, then frozen rice and peas according to package directions. Cook scallops and serve immediately. Transfer cake to a plate to thaw if needed.

SAUTÉED SCALLOPS AND BACON

pictured on page 122

Prep time: 5 minutes
Cooking time: 10 minutes

- ¼ pound sliced bacon, diced
- 1 pound sea scallops
- 1 teaspoon white wine Worcestershire sauce
- 1 teaspoon lemon juice
- Salt and freshly ground pepper
- Chopped parsley, for garnish

In large skillet over medium-high heat cook bacon until crisp, about 5 minutes. Drain all but 1 tablespoon drippings. To drippings in skillet add scallops and Worcestershire; reduce heat to medium-low and cook, turning scallops occasionally, until just opaque, about 5 minutes. Remove from heat; add lemon juice and season with salt and pepper. Garnish with parsley. Makes 4 servings, 185 calories each.

***Lemonshire Chicken**
Buttered Orzo (rice-shaped pasta)
Sautéed Cherry Tomatoes
Melon Wedges

Preparation plan: Boil water for the orzo. Add pasta and begin chicken; while it cooks, sauté whole cherry tomatoes in butter. Slice melon just before serving.

LEMONSHIRE CHICKEN

pictured on page 122

Prep time: 9 minutes
Cooking time: 6 minutes

- 2 tablespoons butter or margarine
- 1 tablespoon olive oil
- 2 shallots, sliced
- 1 tablespoon capers, drained
- 2 boneless, skinless chicken breasts, split and pounded ½ inch thick
- Salt and freshly ground pepper
- ¼ cup white wine Worcestershire sauce
- 1 tablespoon lemon juice

In large skillet heat butter or margarine and olive oil over medium-high heat. Add shallots and capers; sauté 1 minute. Lightly sprinkle chicken with salt and pepper; dip in Worcestershire. Add chicken to skillet; cover and cook 3 minutes per side. Drizzle with lemon juice. Makes 4 servings, 205 calories each.

***Fasta Pasta**
Green Salad
Pesto Bread
Fresh Pears with Chocolate-Covered Cookies

Preparation plan: Purchase salad bar greens to speed preparation. Start heating water for pasta. After you've added the cream and peas to the sauce, add pasta to boiling water and cook 4 to 5 minutes. Wash pears. Spread Italian bread with prepared pesto sauce; broil.

FASTA PASTA

pictured on page 123

Total prep time: 15 minutes

- 2 tablespoons butter or margarin
- ½ pound mushrooms, halved
- ¼ pound prosciutto ham, julienne
- 1 jar (7 oz.) roasted red peppers, julienned
- ½ teaspoon red pepper flakes
- 1 cup heavy or whipping cream
- 1 cup frozen green peas
- 12 ounces capellini pasta or thin spaghetti, cooked according package directions

In large skillet melt butter or mar rine over high heat. Add mushroo prosciutto, red peppers and pep flakes. Cook, stirring, 5 minutes. A cream and peas; cook 5 minutes m Toss with pasta. Makes 4 servings, calories each.

***Mexican Egg Tostadas**
Refried Beans with Cumin
Shredded Romaine Salad with Vinaigrette
Chocolate Ice Cream

Preparation plan: Microwave egg m ture. While tortillas are toasting, crowave beans with 1 tablespoon sa oil and 1 teaspoon cumin. Shred sa bar lettuce and use bottled dressing instant salad. Scoop ice cream just fore serving.

MEXICAN EGG TOSTADAS

Total prep time: 15 minutes

- 2 tablespoons butter or margarine
- 1 can (4 oz.) chopped green chilie drained
- ¼ cup sliced green onions
- 6 eggs
- 3 tablespoons milk
- Pinch salt
- Pinch freshly ground pepper
- Water
- Four 8-inch flour tortillas
- 1 package (4 oz.) shredded Chedd cheese
- 1 package (4 oz.) shredded Monterey jack cheese
- 4 tablespoons bottled salsa

Preheat oven to 500°F. Coat 2 cool sheets with vegetable cooking spray

In 1½-quart microwaveproof cas role melt butter or margarine on Hi 30 to 45 seconds. Add green chilies a green onions. Microwave on High minute. Add eggs, milk, salt and p per; beat with a fork. Microwave High 3 to 4 minutes, stirring to scra ble halfway through cooking.

Meanwhile, dip *(continue*

BASIL CHICKEN WITH BROCCOLI STUFFING

1 package HOLLY FARMS® Time Trimmer® Chicken Thigh Nuggets
1 large onion, cut in wedges
5 tablespoons butter or margarine
½ pound mushrooms, sliced
1½ cups water
½ cup white wine or chicken broth
1 cup heavy cream
1 small red pepper, chopped
½ teaspoon each dried basil and salt
¼ teaspoon pepper
1 cup broccoli florets
2 cups STOVE TOP® Flexible Serving Stuffing Mix

SAUTÉ chicken and onion in 3 tbsp. butter 5 min. Add mushrooms; sauté 3 min. Add ½ cup water and wine. Simmer covered 15 min.

STIR in cream, red pepper and seasonings. Simmer uncovered 15 min.; stir occasionally.

COMBINE broccoli, remaining water and butter in saucepan. Bring to boil. Stir in stuffing. Cover; remove from heat. Let stand 5 min. Serve with chicken. Makes 4 servings.



Stylish stuff with chicken.

Easy new dishes with fresh Holly Farms® Chicken and one-step Stove Top®





HONEY-PECAN CHICKEN

2 cups STOVE TOP® Flexible Serving Stuffing Mix
1 cup orange juice
½ cup boiling water
⅓ cup chopped pecans
2 tablespoons butter or margarine
1 package HOLLY FARMS® Boneless Chicken Breasts
4 slices bacon
2 tablespoons honey

COMBINE stuffing mix, ½ cup juice, water, pecans and butter. Let stand 5 min. Mound ½ cup stuffing on each chicken breast. Wrap with bacon; twist to secure. Place in greased pan or microwave-safe dish. Mix remaining juice and honey; spoon over chicken.

OVEN: Bake at 350° for 40 min.

MICROWAVE: Cover with paper towel; cook at HIGH 14 to 16 min; rotate dish twice. Let stand 5 min. Makes 4 servings.

Holly Farms® Chicken may not be available in all areas. © 1987 General Foods Corporation.

GENERAL FOODS

15-MINUTE GOURMET

continued from page 123

***Pork Tenderloin with Sesame Sauce**
Sautéed Yams
Kale
Purchased Apple Pie
*Recipe given

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Microwave time: 10 minutes

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- 1 tablespoon Oriental sesame oil
- 1 tablespoon cider vinegar
- 1 tablespoon Dijon mustard
- 1 tablespoon water

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White and Wild Rice
Purchased Lemon Cake

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Cooking time: 10 minutes

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- 1 teaspoon lemon juice
- Salt and freshly ground pepper
- Chopped parsley, for garnish

In large skillet over medium-high heat cook bacon until crisp, about 5 minutes. Drain all but 1 tablespoon drippings. To drippings in skillet add scallops and Worcestershire; reduce heat to medium-low and cook, turning scallops occasionally, until just opaque, about 5 minutes. Remove from heat; add lemon juice and season with salt and pepper. Garnish with parsley. Makes 4 servings, 185 calories each.

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Buttered Orzo (rice-shaped pasta)
Sautéed Cherry Tomatoes
Melon Wedges

Preparation plan: Boil water for the orzo. Add pasta and begin chicken; while it cooks, sauté whole cherry tomatoes in butter. Slice melon just before serving.

LEMONSHIRE CHICKEN

pictured on page 122

Prep time: 9 minutes
Cooking time: 6 minutes

- 2 tablespoons butter or margarine
- 1 tablespoon olive oil
- 2 shallots, sliced
- 1 tablespoon capers, drained
- 2 boneless, skinless chicken breasts, split and pounded ½ inch thick
- Salt and freshly ground pepper
- ¼ cup white wine Worcestershire sauce
- 1 tablespoon lemon juice

In large skillet heat butter or margarine and olive oil over medium-high heat. Add shallots and capers; sauté 1 minute. Lightly sprinkle chicken with salt and pepper; dip in Worcestershire. Add chicken to skillet; cover and cook 3 minutes per side. Drizzle with lemon juice. Makes 4 servings, 205 calories each.

***Fasta Pasta**
Green Salad
Pesto Bread
Fresh Pears with Chocolate-Covered Cookies

Preparation plan: Purchase salad bar greens to speed preparation. Start heating water for pasta. After you've added the cream and peas to the sauce, add pasta to boiling water and cook 4 to 5 minutes. Wash pears. Spread Italian bread with prepared pesto sauce; broil.

FASTA PASTA

pictured on page 123

Total prep time: 15 minutes

- 2 tablespoons butter or margarin
- ½ pound mushrooms, halved
- ¼ pound prosciutto ham, julienne
- 1 jar (7 oz.) roasted red peppers, julienned
- ½ teaspoon red pepper flakes
- 1 cup heavy or whipping cream
- 1 cup frozen green peas
- 12 ounces capellini pasta or thin spaghetti, cooked according package directions

In large skillet melt butter or mar rine over high heat. Add mushroo prosciutto, red peppers and pep flakes. Cook, stirring, 5 minutes. A cream and peas; cook 5 minutes m Toss with pasta. Makes 4 servings, calories each.

***Mexican Egg Tostadas**
Refried Beans with Cumin
Shredded Romaine Salad with Vinaigrette
Chocolate Ice Cream

Preparation plan: Microwave egg m ture. While tortillas are toasting, crowave beans with 1 tablespoon sa oil and 1 teaspoon cumin. Shred sa bar lettuce and use bottled dressing instant salad. Scoop ice cream just fore serving.

MEXICAN EGG TOSTADAS

Total prep time: 15 minutes

- 2 tablespoons butter or margarin
- 1 can (4 oz.) chopped green chili drained
- ¼ cup sliced green onions
- 6 eggs
- 3 tablespoons milk
- Pinch salt
- Pinch freshly ground pepper
- Water
- Four 8-inch flour tortillas
- 1 package (4 oz.) shredded Chedd cheese
- 1 package (4 oz.) shredded Monterey jack cheese
- 4 tablespoons bottled salsa

Preheat oven to 500°F. Coat 2 coo sheets with vegetable cooking spra

In 1½-quart microwaveproof cas role melt butter or margarine on Hi 30 to 45 seconds. Add green chilies a green onions. Microwave on High minute. Add eggs, milk, salt and p per; beat with a fork. Microwave High 3 to 4 minutes, stirring to scra ble halfway through cooking.

Meanwhile, dip *(continu*

BASIL CHICKEN WITH BROCCOLI STUFFING

1 package HOLLY FARMS® Time Trimmer® Chicken Thigh Nuggets
1 large onion, cut in wedges
5 tablespoons butter or margarine
½ pound mushrooms, sliced
1½ cups water
½ cup white wine or chicken broth
1 cup heavy cream
1 small red pepper, chopped
½ teaspoon each dried basil and salt
¼ teaspoon pepper
1 cup broccoli florets
2 cups STOVE TOP® Flexible Serving Stuffing Mix

SAUTÉ chicken and onion in 3 tbsp. butter 5 min. Add mushrooms; sauté 3 min. Add ½ cup water and wine. Simmer covered 15 min.

STIR in cream, red pepper and seasonings. Simmer uncovered 15 min.; stir occasionally.

COMBINE broccoli, remaining water and butter in saucepan. Bring to boil. Stir in stuffing. Cover; remove from heat. Let stand 5 min. Serve with chicken. Makes 4 servings.



Stylish stuff with chicken.

Easy new dishes with fresh Holly Farms® Chicken and one-step Stove Top.®



HONEY-PECAN CHICKEN

2 cups STOVE TOP® Flexible Serving Stuffing Mix
1 cup orange juice
½ cup boiling water
⅓ cup chopped pecans
2 tablespoons butter or margarine
1 package HOLLY FARMS® Boneless Chicken Breasts
4 slices bacon
2 tablespoons honey

COMBINE stuffing mix, ½ cup juice, water, pecans and butter. Let stand 5 min. Mound ½ cup stuffing on each chicken breast. Wrap with bacon; twist to secure. Place in greased pan or microwave-safe dish. Mix remaining juice and honey; spoon over chicken.

OVEN: Bake at 350° for 40 min.

MICROWAVE: Cover with paper towel; cook at HIGH 14 to 16 min; rotate dish twice. Let stand 5 min. Makes 4 servings.

Holly Farms® Chicken may not be available in all areas. © 1987 General Foods Corporation.

GENERAL FOODS

15-MINUTE GOURMET
continued

tortillas in a small bowl of water one at a time, shaking off excess. Immediately place on prepared cookie sheet. Bake 3 to 4 minutes, until golden. In small bowl combine cheeses. Sprinkle each tortilla with ½ cup cheese. Bake 1 to 2 minutes, until cheese is melted; remove from oven. Divide eggs among tortillas; top each with 1 tablespoon salsa. Makes 4 servings, 510 calories each.

***Fillets of Sole on Watercress with Curry Hollandaise Sauce**
Quartered New Potatoes
Sliced Carrots (from salad bar)
Grapes

Preparation plan: Steam potatoes and carrots. Prepare fish and microwave; let stand while you make the hollandaise with the help of the blender and microwave.

FILLETS OF SOLE ON WATERCRESS WITH CURRY HOLLANDAISE SAUCE

Prep time: 8 minutes
Microwave time: 7 minutes

- 2 bunches watercress
- 1¼ pounds fillets of sole

Curry Hollandaise Sauce

- ½ cup butter (no substitutions)
- ½ teaspoon curry powder
- 2 egg yolks
- 2 tablespoons lemon juice
- ¼ teaspoon salt
- Pinch ground red pepper

Trim coarse stems from watercress. Spread in a 13x9-inch microwaveproof dish. Place fish fillets on top; cover with plastic wrap. Microwave on High 2½ minutes; turn dish. Microwave 2½ minutes more, or until fish is opaque. Let stand 5 minutes. Serve with Curry Hollandaise Sauce. Makes 4 servings, 360 calories each.

Curry Hollandaise Sauce: In 2-cup glass measure combine butter and curry powder. Microwave on High 1½ minutes or until bubbly. Meanwhile, in blender combine remaining ingredients and blend 3 seconds. With motor on, pour in butter in a steady stream; blend 5 seconds more.

***Sausage and Beans Tuscan-Style**
Sautéed Spinach
Garlic Toast
Raspberry Sorbet

Preparation plan: Buy prewashed spinach in bags or from the salad bar to save time. As sausage cooks, spread bread with garlic butter. Sauté spinach while microwaving beans and sausage and broiling garlic bread. Scoop sorbet just before serving.

SAUSAGE AND BEANS TUSCAN-STYLE

Prep time: 5 minutes
Microwave time: 9 minutes

- 4 sweet Italian sausages (¾ lb.)
- 1 teaspoon minced garlic
- ¼ teaspoon sage
- 2 cans (19 oz. each) cannellini beans
- 1 can (8 oz.) stewed tomatoes, coarsely chopped
- 1 tablespoon chopped parsley
- Salt and freshly ground pepper

Pierce each sausage several times with a fork. Place in a plastic colander set over a microwaveproof bowl. Microwave on High 5 minutes, turning sausage and rearranging after 2 minutes. Remove sausages and cut into ½-inch slices. Drain all but 1 tablespoon dripping from bowl. Add garlic and sage to bowl and microwave on High 45 seconds. Rinse beans under hot water. Add beans, tomatoes and sausage to bowl; toss. Microwave about 3 minutes, until heated through. Add parsley; season with salt and pepper. Makes 6 servings, 460 calories each. **End**

Recipes by Beverly Stephens, Carol Prager, Lisa Brainerd and Kathy Jackette.

NUTRITION ALL-STARS
continued from page 145

CRUNCHY OATMEAL MUFFINS

pictured on page 142

Fiber-rich oatmeal and almonds are baked into a lightly sweetened treat.

Prep time: 10 minutes
Baking time: 20 minutes

- 1 cup all-purpose flour
- ¾ cup uncooked oats
- ¼ cup unprocessed bran
- 1 tablespoon baking powder
- ¾ teaspoon cinnamon
- ½ teaspoon salt
- ¼ teaspoon nutmeg
- 1 egg, beaten
- 1 cup milk
- ¼ cup firmly packed brown sugar
- 2 tablespoons salad oil
- ½ teaspoon vanilla extract
- ½ cup toasted chopped almonds

Preheat oven to 400°F. Grease twelve 2½-inch muffin-pan cups.

In medium bowl combine flour, oats, bran, baking powder, cinnamon, salt and nutmeg. In mixer bowl beat egg, milk, brown sugar, oil and vanilla; add to oat mixture and stir just until dry ingredients are moistened. Stir in almonds. Spoon batter into prepared muffin cups. Bake 20 minutes or until lightly browned. Serve warm. Makes 1 dozen, 150 calories each.

SALMON VERACRUZ

pictured on page 142

Abounding in Omega-3 fatty acids, this dish gets zing from a lively salsa.

Prep time: 15 minutes plus standing
Cooking time: 6 to 8 minutes

- 2 small, ripe tomatoes, seeded and chopped
- ½ ripe avocado, diced
- 1 jalapeño pepper, seeded and chopped
- 1 green onion, chopped
- 2 tablespoons chopped fresh cilantro
- ½ teaspoon minced garlic
- 1½ teaspoons white wine vinegar
- ¼ teaspoon salt
- 4 salmon steaks (about 2 lbs. total)

In small bowl combine all ingredients except salmon. Let stand at room temperature 2 hours for flavors to blend.

Preheat broiler. Broil salmon about 4 inches from heat source 3 to 4 minutes per side, until fish is opaque. Drain excess liquid from salsa and serve with salmon. Makes 4 servings, 580 calories each with salsa.

DOUBLE-SQUASH CHOWDER

pictured on page 142

Packed with beta carotene, this soup makes a tasty main dish.

Total prep time: 35 minutes

- 2 tablespoons salad oil
- 1 cup diced celery
- 1 cup chopped onions
- ¼ teaspoon freshly ground pepper
- 1 can (13¾ or 14½ oz.) chicken broth
- 3 carrots, sliced thick
- 1 medium zucchini, halved lengthwise and sliced thick
- 2 yellow squash, halved lengthwise and sliced thick
- 1 package (10 oz.) frozen corn, thawed
- 2 cups milk, divided
- 1 tablespoon cornstarch

In large saucepan heat oil over medium heat. Add celery, onions and pepper. Sauté until tender, 5 minutes. Stir in chicken broth and carrots; bring to a boil. Reduce heat to low; cover and simmer 10 minutes or until carrots are tender. Stir in zucchini, yellow squash, corn and 1¾ cups milk. Increase heat to medium; cook, stirring occasionally, until mixture just begins to boil, about 5 minutes.

In cup blend remaining ¼ cup milk with cornstarch; stir *(continued)*

Dear Litton,

We're planning a trip to the Orient soon. Do you have any plants we could visit there?

No.

Because Litton's manufacturing facilities are located right here on our shores. And our microwave ovens are built with American pride and know-how. Plus 25 years of American craftsmanship that has made Litton a foremost name in microwave oven technology. So if you're looking for exceptional quality, look no further than Litton. But in order to tour one of our plants, you'll have to re-route your vacation to Sioux Falls, S.D.

Life's worth Litton.



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NUTRITION ALL-STARS
continued

into soup. Cook, stirring constantly, until slightly thickened. Serve hot. Makes 8 cups, 135 calories each.

MEXICAN-STYLE BULGUR SALAD

pictured on page 145

Bulgur wheat adds starch and fiber to this spicy tabbouleh-type salad.

Prep time: 15 minutes plus standing and chilling

- 1 cup bulgur wheat
- 1 cup boiling water
- 6 tablespoons salad oil
- 3 tablespoons fresh lemon juice
- 1½ teaspoons cumin
- 1 teaspoon oregano
- ½ teaspoon salt
- Dash red repper sauce
- ½ cup chopped green onions
- ½ cup chopped red pepper
- Romaine lettuce and avocado slices, for garnish

In medium bowl combine bulgur and boiling water. Let stand 30 minutes or until all water is absorbed.

In small bowl combine oil, lemon juice, cumin, oregano, salt and red pepper sauce. Add to bulgur with green onions and red pepper; mix well. Cover and refrigerate at least 3 hours. Arrange on a serving dish. Garnish with lettuce and avocado slices. Makes 6 servings, 230 calories each.

HOT AND SPICY ORANGE BEEF

pictured on page 145

The flank steak, bok choy and orange juice make this stir-fry rich in iron.

Prep time: 25 minutes
Cooking time: 7 to 8 minutes

- ¼ cup orange juice
- 1 tablespoon hoisin sauce
- 1 tablespoon dry sherry
- 1 tablespoon soy sauce
- ½ teaspoon grated orange peel
- ½ to ¾ teaspoon red pepper flakes
- 1 tablespoon cornstarch, divided
- ¾ pound flank steak, sliced thin
- 3 tablespoons salad oil, divided
- 2 teaspoons minced fresh ginger
- 3 cups shredded bok choy
- ½ cup shredded carrots
- 4 green onions, sliced thin
- 4 ounces firm tofu, cut into strips
- Hot cooked rice

In small bowl combine orange juice, hoisin sauce, sherry, soy sauce, orange peel, red pepper flakes and 1 teaspoon cornstarch. Toss beef with remaining 2 teaspoons cornstarch. Set all aside.

In wok or skillet heat 2 tablespoons oil. Add ginger and cook over medium-high heat 1 minute. Add bok choy, carrots and green onions. Stir-fry 2 to 3 minutes, until tender-crisp. Remove from wok. Add remaining 1 tablespoon oil to wok. Add meat and stir-fry until lightly browned, about 2 minutes. Gently stir in tofu. Stir orange-juice mixture; add to wok and continue cooking 1 minute or until thickened. Return vegetables to wok; heat through. Serve over rice. Makes 4 servings, 240 calories each without rice.

RICOTTA KEY LIME PIE

pictured on page 145

This calcium-rich dessert is smooth, delicious and so nutritious.

Prep time: 30 minutes plus chilling

- 1¼ cups graham cracker crumbs
- 3 tablespoons butter, melted
- 1 container (15 oz.) ricotta cheese
- 1 envelope unflavored gelatin
- ⅔ cup sugar, divided
- 2 eggs, separated
- ½ cup fresh lime juice
- ½ cup water
- 2 teaspoons grated lime peel
- Lime slices, for garnish

Preheat oven to 350°F. In small bowl combine crumbs and melted butter. Press onto bottom and up sides of a 9-inch pie plate. Bake 7 to 8 minutes, until lightly browned. Set aside.

Meanwhile, in blender or food processor puree ricotta. In saucepan combine gelatin and ⅓ cup sugar. Stir in egg yolks, lime juice and water. Let stand 1 minute. Cook, stirring, over low heat until gelatin is dissolved, about 5 minutes. Whisk in ricotta and lime peel. Refrigerate until mixture mounds slightly when dropped from a spoon, 30 to 45 minutes. Beat egg whites until soft peaks form. Gradually beat in remaining ⅓ cup sugar; beat until stiff. Fold into ricotta mixture. Spoon filling into pie crust. Refrigerate 3 hours. Garnish with lime slices. Makes 8 servings, 265 calories each.

CURRIED GRILLED CHICKEN

The yogurt marinade tenderizes and flavors the chicken—and adds calcium.

Prep time: 10 minutes plus marinating
Cooking time: 10 to 12 minutes

- 1 container (8 oz.) plain low-fat yogurt
- ¼ cup chopped fresh mint or 1 tablespoon dried
- ⅓ cup finely chopped red onion
- 2 teaspoons minced garlic
- 1 teaspoon lemon juice
- 1½ to 2 teaspoons curry powder
- 2 boneless, skinless chicken breasts, split

In small bowl combine all ingredients except chicken; mix well. Place chicken in a shallow glass dish. Pour ½ cup yogurt mixture over chicken; turn to coat both sides. Cover and marinate in refrigerator 3 hours or overnight. Cover and refrigerate remaining yogurt mixture separately.

Preheat broiler. Broil chicken 3 to 4 inches from heat source 5 to 6 minutes per side. Heat reserved yogurt sauce over low heat until warm; do not boil. Serve with chicken. Makes 4 servings, 190 calories each with sauce.

BAKED BLUEFISH AND POTATOES

Rich in valuable fish oils, this one-dish meal has a Mediterranean accent.

Prep time: 25 minutes
Baking time: 25 minutes

- 1 pound red potatoes, sliced paper-thin
- 6 tablespoons olive oil, divided
- 1 tablespoon minced garlic, divided
- ¼ cup chopped parsley, divided
- Salt and freshly ground pepper
- 1 medium red onion, sliced thin
- 2 bluefish fillets (1¼ lbs. total)
- Lemon wedges, for garnish

Preheat oven to 450°F. In 13x9-inch baking dish combine potatoes, 4 tablespoons olive oil and 1½ teaspoons garlic; toss well. Sprinkle with 2 tablespoons parsley and ½ teaspoon each salt and pepper. Bake uncovered 15 minutes or until potatoes are golden.

Remove dish from oven; arrange onion slices and bluefish, skin side down, on top. In glass measure combine remaining 2 tablespoons oil, 1½ teaspoons garlic and 2 tablespoons parsley; pour evenly over fish. Sprinkle with additional salt and pepper if desired. Bake uncovered 10 minutes more, basting occasionally. Serve with lemon wedges. Makes 4 servings, 4 calories each.

HARVEST PASTA AND BEANS

Pasta is a tasty source of starch; beans add more, plus fiber.

Prep time: 20 minutes
Cooking time: 25 minutes

- 8 ounces bow-tie pasta
- ⅓ cup olive oil, divided
- 2 cups broccoli florets
- ½ cup diced red pepper
- 2 green onions, chopped
- 1 teaspoon minced garlic
- ½ teaspoon basil
- ½ teaspoon oregano
- ½ teaspoon salt
- ¼ teaspoon freshly ground pepper
- 1 can (16 oz.) pinto beans, rinsed and drained

(continue

Here's a list of the oods that are a better source of fiber than prunes:

Prunes have more fiber per serving than almost any food
ı can name. And prunes have four of the five types of
ɛr your body uses. Plus potassium and vitamin A. Not
nention the fact that they're about the best-tasting source
iber under the sun. Which explains why our list is so short.



Prunes. The high fiber fruit.

ornia Prune Board 1986

NUTRITION ALL-STARS
continued

1 cup cooked lima beans
¼ cup chopped parsley
2 tablespoons fresh lemon juice
¼ cup grated Parmesan cheese

Cook pasta according to package directions. Drain and mix with 1 tablespoon oil; set aside.

Meanwhile, in large skillet heat remaining oil over medium heat. Add broccoli, red pepper, green onions, garlic, basil, oregano, salt and pepper. Sauté 3 to 5 minutes, until vegetables are tender. Add pinto and lima beans, parsley and lemon juice. Cook until heated through. Toss with pasta. Serve with Parmesan cheese. Makes 4 servings, 575 calories each with cheese.

CHICKEN BREASTS WITH APRICOTS

Low in sodium and fat, apricots add vitamin A and iron to this elegant dish.

Prep time: 10 minutes plus soaking
Cooking time: 21 to 23 minutes

1 cup diced dried apricots
1 cup apple juice
2 boneless, skinless chicken breasts, split
½ teaspoon salt
½ teaspoon paprika
2 tablespoons salad oil
3 tablespoons chopped shallots
¼ cup dry white wine
¼ teaspoon nutmeg
¼ cup toasted chopped walnuts

In small bowl soak apricots in apple juice until tender, about 30 minutes. Drain; reserve ½ cup juice.

Sprinkle chicken with salt and paprika. In large skillet heat oil over medium-high heat. Add shallots; sauté 2 minutes. Add chicken and cook until lightly browned, 2 to 3 minutes per side. Add reserved ½ cup apple juice, wine and nutmeg. Reduce heat to low; simmer covered 10 minutes. Stir in apricots; simmer covered 5 minutes more. Sprinkle with walnuts. Makes 4 servings, 355 calories each.

MARINATED STUFFED MUSHROOMS

The olive-oil-based dressing adds rich flavor to this savory appetizer.

Prep time: 35 minutes
Baking time: 20 minutes

18 medium mushrooms
6 tablespoons olive oil, divided
⅓ cup chopped onion
1 cup shredded zucchini
½ cup minced carrot
2 tablespoons fresh lemon juice
2 teaspoons Dijon mustard
1 teaspoon minced garlic
½ teaspoon thyme, crushed

Preheat oven to 350°F. Grease a 13x inch baking dish.

Remove stems from mushrooms; r serve caps. Chop stems fine. In skill heat 2 tablespoons oil over mediu heat. Add chopped stems and onio sauté 5 minutes. Add zucchini and ca rot; sauté until tender, 3 to 5 minute Spoon mixture into mushroom cap Place mushrooms in prepared dis Bake 20 minutes or until tender.

Meanwhile, in glass measure co bine remaining 4 tablespoons olive o lemon juice, mustard, garlic a thyme. Pour over cooked mushroom Serve warm or at room temperatur Makes 6 servings, 165 calories each.

ALL-STAR WALDORF SALAD

The vegetables and fruit in this sala provide lots of soluble fiber.

Prep time: 15 minutes plus chilling

3 cups diced, unpeeled red apples
1 cup diced celery
¼ cup plain low-fat yogurt
¼ cup reduced-calorie mayonnaise
3 tablespoons sunflower seeds
¼ teaspoon nutmeg

In medium bowl combine all ingred ents. Cover and refrigerate about hours or until chilled. Makes 4 cup 70 calories per ½ cup. E

HOW TO COMPLAIN
continued from page 42

repaired until you've gotten satisfaction.

Say precisely what you want If you're looking for your money back, say so. If you'd like a replacement product or the job done again, make it clear. The company or service professional may be perfectly happy to make restitution. However, don't overshoot the mark. Ask for the sun, moon and stars, and you may wind up with nothing.

Don't waste time on hopeless battles Sometimes, you and a company may differ about whether the problem is legitimate. While you could spend months arguing why the store should return your money instead of giving you a merchandise credit, you probably won't make much headway by complaining. Express your feelings but don't argue policy matters forever. It's better to break off your relationship with a company and find another to fill your needs.

Follow up Normal response time is about three weeks. If you haven't heard by then, call to make sure your letter has reached the right person. If it hasn't, send another copy; if it has, ask when you can expect a reply.

If you get an unsatisfactory answer, it's time to plot your next move. If you don't understand the company's position, call and discuss it. Still getting nowhere? When a friendly resolution seems impossible, you can either tell yourself that at least you tried and then drop the complaint—or you can take the disagreement to a third party.

Try peer pressure One of your best allies in getting help from a recalcitrant company is its industry association. Some, like the American Society of Travel Agents, will intervene with member companies in a dispute. Others, like the Photo Marketing Association International, will advise consumers on how to complain. Some have formal mediation procedures. The Major Appliance Consumer Action Panel, for example, claims to have resolved more than 80 percent of the complaints brought to it to the satisfaction of the consumer. (For a brochure, send a self-addressed stamped business envelope to MACAP, 20 North Wacker Drive, Chicago, IL 60606.)

To help find an association, check *Gale's Encyclopedia of Associations*, which is available in most libraries, or contact your local Better Business Bureau (BBB). There are 199 BBBs around the country, and all give reliability reports on local firms, forward complaints to companies and offer mediation or arbitration on problems as long as both parties are willing to pa ticipate. (Mediation is an informal a tempt to reach a mutually satisfacto resolution to a problem. Arbitration more formal—both sides agree to l an independent volunteer review t dispute and render a legally bindi decision. The American Arbitrati Association, 140 West 51st Stree New York, NY 10020, will help y find an arbitrator who is acceptable both sides.)

Getting tough If you're still unhapp you might want to contact one of t privately run nonprofit organizatio devoted to teaching consumers the rights and helping them deal wi problems. Check your local phone d rectory under "consumer." The ne step is your city or state governme consumer-affairs department. A r minder: These consumer groups a loath to get involved if they think y haven't made a reasonable effort to n gotiate first. Contact them only aft you've made a serious effort to sol the problem at a lower level.

The big guns If you suspect your pro lem stems from professional neg gence or unethical or illegal behavi it may be time to contact the appropr ate state licensing or regulatory a thority. These bodies, which licen doctors, lawyers and *(continue*



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other professionals, launch investigations and take actions that range from ordering refunds to revoking licenses. When dealing with these agencies:

- Call to find out whether your problem falls within its jurisdiction and exactly what is required in terms of the written complaint.
- Include copies of your correspondence with the company, and say why you feel their response is unacceptable.
- Ask what you can expect the agency to do. Will your specific complaint be acted upon, or will your letter be made part of an overall investigation?

To determine which agencies to call, consult the *Consumer's Resource Handbook*, free from the Consumer Information Center, Pueblo, CO 81009.

Here comes the judge Going to court is a last resort. However, if you've kept good records throughout your complaint process, you've already built a good case. Remember: Small-claims courts generally allow claims only up to $2,000. And while procedures vary from state to state, there are some general rules:

- File in the jurisdiction where the other party lives or works.
- Make sure you use the correct legal name of the business you're suing. The name on the storefront might not be the legal name, so check your bill or credit-card receipts, or call the local Better Business Bureau.
- Visit the court to observe the proceedings so you know what to expect.

Is it ever appropriate to write your congressman? If you catch them at the right moment, public officials—state legislators, congressmen, mayors—can sometimes be of assistance, particularly if they're up for reelection. After my divorce eleven years ago, I was ready to scream with frustration at the inability of the California court system to communicate with the New York courts so that my child-support payments could be enforced. Finally, in desperation, I wrote to the governor of California, who, it turned out, spoke with the governor of New York every week on "little people" issues. Within a few weeks, I was notified that payments would begin. I knew immediately what had sparked this sudden progress. On the bottom of my letter was the following inscription— cc: Governor Jerry Brown.

Case closed. **End**

Nancy Barrett is a consumer-affairs consultant who helps companies set up consumer-affairs departments. She is a board member of the New York Society of Consumer-Affairs Professionals.

THE LHJ PROBLEM SOLVER

A list to help you get action—fast!

Always try to solve your problems directly with the company that caused them before contacting the organizations listed below. Getting nowhere? Here's what to do if:

You ordered a product by direct mail, telephone or broadcast solicitations—and it never came The Direct Marketing Association helps solve mail-order, telephone-order or video shopping problems by interceding with companies for you. Submit complaints in writing to the Mail-Order Action Line, 6 East 43rd Street, New York, NY 10017. If you suspect your problem involves mail fraud, contact your local postal inspector. If you can't get help locally, write to the Chief Postal Inspector, U.S. Postal Service, Washington, DC 20260-2100, or call 202-268-4267.

For problems with merchandise or mail-order delay, write to the Federal Trade Commission, Division of Enforcement, 6th and Pennsylvania NW, Washington, DC 20580, or call 202-326-2973 for mail-order problems or 202-326-3021 for problems with unordered merchandise.

You're upset with a car dealer or repair shop If your problem involves a car from General Motors, American Motors, JEEP, Renault, Audi, Volkswagen, Honda, Peugeat, Saab or Porsche, you can seek arbitration through AUTO LINE, a program run through the Better Business Bureaus. (The age of a car that you can bring before AUTO LINE varies, depending on the contractual agreement that the Council of Better Business Bureaus has with the manufacturer.) Ford and Chrysler have their own programs. To find out about Ford's program call 800-241-8450. For information on Chrysler's call 313-956-5970.

In addition, almost five thousand disputes between the auto industry and consumers are mediated each year by Automotive Consumer Action Panels (AUTOCAP). Find out if there's an AUTOCAP near you by writing to the national AUTOCAP office, 8400 Westpark Drive, McLean, VA 22102.

Your home remodeling or improvement is a disaster The National Association of Home Builders will provide information for consumers on how to handle a dispute. Write to its Department of Consumer Affairs, 15th and M Streets NW, Washington, DC 20005, or call 800-368-5242.

The home furnishings you ordered came broken or not at all If you have furniture that's defective and less than a year old, the Furniture Industry Consumers Advisory Panel (FICAP) of the American Furniture Manufacturer's Association will contact the retailer or manufacturer with your complaint. If that method fails, FICAP will listen to the case and make a recommendation to the manufacturer, if your manufacturer is one of the association's 375 members. Complaints must be received in writing by the association, P.O. Box H.P. 7, High Point, NC 27261.

You're caught in financial red tape For state banks, your first stop is the state banking department, followed by the Federal Reserve if your bank is a member (write to the Division of Consumer and Community Affairs, Federal Reserve Board, Washington, DC 20551). For a state bank that's not a member of the Federal Reserve Board, contact the Federal Deposit Insurance Corporation, Office of Consumer Affairs, 550 17th St. NW, Washington, DC 20429, or call 800-424-5488. For national banks, contact one of the district offices for the Comptroller of the Currency. (They're in New York, Atlanta, Dallas, San Francisco, Kansas City and Chicago.) For federally chartered savings and loans, contact the Federal Home Loan Bank Board, Office of Community Investment, Division of Community Affairs, 1700 G St. NW, Washington, DC 20552.

A door-to-door salesman sold you a bill of goods Contact the Code Administrator, Direct Selling Association, 1776 K Street NW, Suite 600, Washington, DC 20006, or call 202-293-5760.

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I AIDS

continued from page 121

ere able to say with certainty that atthew did, in fact, have AIDS. The sease was still so new that both the spitals that cared for him—first eorgetown and then Fairfax Hospil, in Fairfax, Virginia—had never eated an AIDS baby before.

The day of her son's final diagnosis, ys Sue, "was the day I started cryg, and I haven't stopped since. For atthew, it was all downhill." Her n's little body was covered with scars m countless tests. "We had to watch r baby waste away to nothing."

Caring for Matthew became Sue's ason for living; she rarely had time anything else. He was wracked th infections, high fevers, chronic dirhea and anemia. Eventually, beuse his weight never got past eighen pounds, Matthew had to be fed by gastrostomy tube inserted directly to his stomach. "We took things one y at a time," says Sue, "and on espeally bad days, one hour at a time. My rves were so shot, sometimes I'd just llapse on the floor and cry."

Sue was torn between a fierce love her son and a deep fear of the dise he carried. At the time, she was vised to take precautions. She alys wore disposable gloves when ding Matthew or changing his diars, and she washed her hands so frently that they were always painfulchapped. She bathed him in his own b and washed his clothes and dishes parately. His diapers were double gged before being thrown away.

Sue's daughter, Sarah, just a year d a half older than Matthew, read d sang to him, but they had separate ys and hardly any physical contact. r did Sue feel it was safe to let neighbors' children too near. But Matthew's enforced isolation at Fairfax Hospital became a source of pain and humiliation for Sue. He was banned from even sitting in his stroller in the hospital's community playroom to watch other children play. "And at Christmastime," Sue recalls, "Santa Claus came to visit all the children in the ward—except Matthew."

In the spring of 1986, Matthew began to have extreme difficulty breathing and was prone to coughing spells that lasted hours. He was attached to a portable oxygen tank wherever he went, but his condition only worsened. When doctors suspected the problem was pneumocystis, a form of pneumonia that often strikes AIDS patients, Matthew was returned to the hospital. His weight dropped below ten pounds, and he was in so much pain that even morphine did little to relieve it.

Sue found those hospital visits too wrenching to bear. "He would just lie in his tent and gasp for air," she says. When she reached inside to comfort him, his tiny hand could grasp only one of her fingers. Finally, on the afternoon of July 10, 1986, Matthew slipped into a coma and, with both his parents present, drew his last painful breath.

A year after Matthew's death, tears are still close to the surface for Sue. "My life feels empty without Matthew," Sue says now. "I feel only half alive." And she longs to move away. "There are too many memories in this house. I see Matthew in every corner, I hear him laughing at every turn," she says, her voice quavering.

Sue, who had wanted a big family, doesn't plan to have more children. "I get so uptight when Sarah gets even slightly sick. If our next baby had a serious illness, I couldn't handle it."

The Kozups are suing Georgetown University Hospital—and its source for blood, the American Red Cross—for medical negligence for giving Matthew transfusions with contaminated blood. "I know money is not going to bring Matthew back," Sue says. "But I couldn't sleep at night if I didn't try to right the wrong done to my family.'

Tema Luft
"Don't let me die"

On a mid-October afternoon last year, Tema Luft, thirty-four, an installer for Bell Atlantic in Maryland, was six feet up on a telephone pole when she became dizzy and felt herself starting to fall. "I grabbed the pole for dear life and slid to the ground," says Tema, an attractive brunet with a deep tan. Shaken but unhurt, she went back to her office and asked for her old desk job back. The next time she got dizzy, she might not be so lucky, Tema knew.

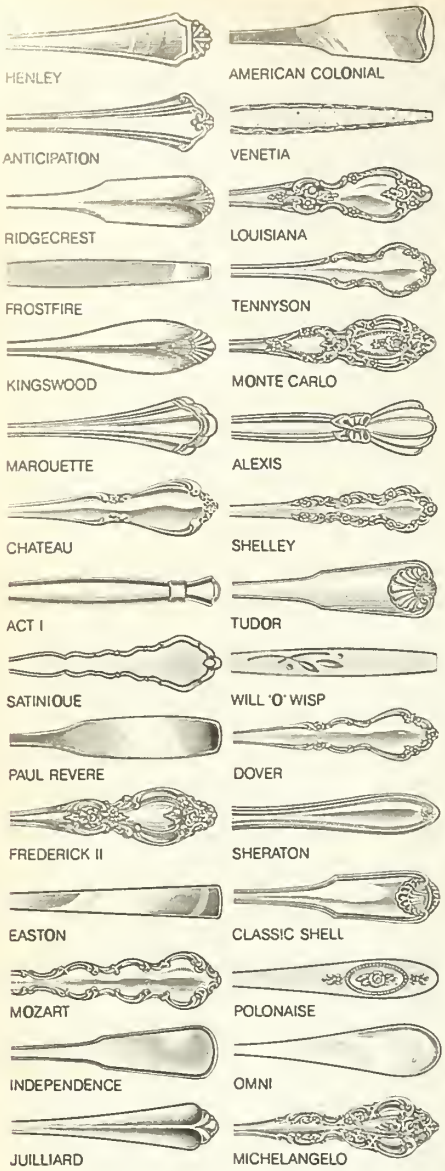
Being in less than perfect health was a new and traumatizing experience for Tema. A self-described "health nut," she never ate red meat, smoked, drank or used drugs. In her seven years at the phone company, she hadn't called in sick a single day. For the past five years, she'd worked out on gym equipment she keeps in one corner of her cozy apartment in a suburb outside Baltimore.

Tema's doctors weren't able to determine what was wrong with her. The previous May, a co-worker had spotted a lump the size of a quarter in her neck, but since it wasn't painful, Tema ignored it for months, until her yearly checkup. Her doctor found more swollen lymph nodes in her groin, but a battery of tests failed to turn up anything conclusive.

While her doctors remained baffled, Tema continued to worsen. She began to feel constantly *(continued)*

continued from page 121) ■ In New York City, AIDS is now the leading ause of death for women under thirty-four. **Children and AIDS** ■ Newborns with AIDS live an average of nine months. ■ A woman can ransmit the AIDS virus to her fetus if she has been xposed in the post seven years. ■ Twenty-seven ercent of parents who were questioned in a recent Gallup poll would tell their children not to play with a lassmate who had AIDS. **Dating and AIDs** ■ Young ingle people are practicing monogamy: 75 percent of nmarried people who were questioned in a recent poll ow avoid casual sex, and 45 percent say they had only ne sexual portner in the past year. **The price** ■ The nnual cost of patient care nationwide over the next four ears is estimated at $8.5 billion. ■ By the year 2000, nsurance companies could dole out $50 billion in ndividual policies due to AIDS-related deaths. ■ You may have to help ay these costs through increased taxes and medical insurance premiums, s well as higher hospital bills. ■ AIDS is the reason for the 41 percent ncrease in condom sales since 1980; $325 million worth of condoms were old last year. ■ An AIDS patient will spend $10,000 a year on Retrovir, ormerly known as AZT. It is the only FDA-approved drug that helps to prolong the life of AIDS potients. **The new lepers** ■ Senator Jesse Helms has advocated the quarantining of AIDS potients. ■ Civil-rights groups warn that AIDS prevention laws could mean job discrimination, loss of child-visitation rights and even sterilization of infected women. **AIDS and the workplace** ■ Thirty-eight percent of the respandents in a recent Roper poll wouldn't want to work with someane who had AIDS. ■ Police officers, firefighters, rescue workers and dentists have begun wearing gloves and masks to perform their job. **Deliberate transmission** ■ If someane knowingly tries to infect you by biting, donating blood or initiating sex, you could have him arrested on charges as serious as attempted murder. **Safe blaad transfusions** ■ Because twelve thousand people may have received transfusions of AIDS-positive blood between 1978 and 1985, before the current screening process became available, pregnant women and surgery patients are now cautiously choosing to put their own or their family's blood into storage while in the hospital. **Testing** ■ A recent Gallup poll revealed that more than half of those who were questioned suppart testing for such groups as marriage-license applicants, prisoners and potients in veterans' hospitals. —SHANA ABORN

AIDS and you



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■ AIDS
continued

fatigued, and she suffered from chronic diarrhea and shortness of breath. She also began to get night sweats—outbreaks that would rouse her from much-needed sleep, leaving her body and sheets drenched. In October, Tema took a disability leave from work.

Though this was late 1986, with AIDS prominently in the news, no one considered that a possibility, least of all Tema herself. As a heterosexual who was neither an intravenous-drug user nor a prostitute, she was not in any high-risk category. "Whatever it is," joked a friend to Tema, "at least you know you don't have AIDS."

On February fifth, after a biopsy and more blood tests, Tema's infectious-disease specialist called her to his office. He pulled up a chair beside her and told her she'd been exposed to the AIDS virus. Tema, who did not even realize she had been given the AIDS test, began sobbing and choked out one question: "Am I going to die?" Her doctor explained that she was considered an ARC (AIDS-related complex) patient, meaning that her symptoms had not progressed to the severest stage. She could survive like this for years, he said, or develop full-blown AIDS overnight.

The following days were a blur of tears and depression so profound that Tema considered taking her own life. The only thing that stopped her, says Tema, who was raised an Orthodox Jew, was her fear that "then I wouldn't go to heaven." Though her father and close friends were extremely supportive, her mother, says Tema, reacting to the fact that AIDS is sexually transmitted, "burst into tears and told me I was shameful."

What followed was a round of nightmarish tasks, including having a will drawn up at a local AIDS support group. Next came the phone call to the ex-boyfriend she suspected of infecting her. "I hated him and wanted him dead," says Tema.

Their relationship had been only the second major one of Tema's life. They had been lovers for two years but had broken up more than a year before. While they were dating, Tema says, "I was head over heels in love," and it never crossed her mind that he might be an AIDS carrier. In the wake of her diagnosis, however, Tema recalled how often her boyfriend had been bedridden with flu attacks.

When she called to tell him she was infected, he told her icily that the doctors must have made a mistake, and he refused to be tested himself, although friends have told her he has continued dating. (Tema has since hired a lawyer and hopes her ex-boyfriend will be charged with attempted murder for infecting her.)

Her next difficult phone call was to a man she'd been dating for a half a year but had broken up with three months earlier; she knew it was possible that she had passed the virus on. Though he reacted nonchalantly to the news, he admitted later that while waiting for the results of his test, he had gone to church every night to pray. Presently, he has tested negative, though there is a slight chance antibodies could show up later. And despite his promise to stay in touch, Tema hasn't heard from him since.

Just four days after her diagnosis, Tema went back to work; she couldn't live on only the half pay she was receiving after her four-month leave. "It was so hard to concentrate," she says. "I'd just go off to the bathroom to cry."

At first Tema told co-workers she had cancer, but she grew increasingly angry about having to lie. "I've been made to feel like a criminal," she says. "But I didn't do anything that I have to be ashamed of." She went public at the Third International AIDS Conference in June, telling more than six thousand participants about the dangers of continuing to portray AIDS as a "a gay person's or an IV-drug user's disease. I wouldn't be where I am today," Tema said, "if I had known earlier what precautions to take."

But Tema paid a steep price for being open about her illness. Her dentist will treat her only late at night, when his office is empty of clients who might recognize her. Two beauty shops Tema had patronized for years called to say that she was not welcome back. People at her health club have refused to use equipment after she has. The ostracism has even extended to her mother: Congregants at her mother's synagogue have shunned her, and some clients of her mother's dressmaking business have started to stay away.

Tema also realizes that her illness means the end of romantic relationships for her. "It makes me feel horrible," she says, "because I'm going to be alone for the rest of my life, and that wasn't my plan. I hadn't thought yet about having children, but now that choice has been taken away from me."

Tema agonizes over whether she should abandon her nine-to-five job to travel while she is still healthy enough to enjoy it. "I would love to see Europe before I die, but I worry that tomorrow they'll find a cure, and I'll be out of work and broke." In the meantime, she says, her awareness of time running out has made her everyday life more bittersweet. "I notice *(continued)*



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5'0"	95-145	146-155		
5'1"	95-140	141-165		
5'2"	95-135	136-175	176-200	200-240
5'3"	95-130	131-175	176-200	200-240
5'4"	95-125	126-175	176-200	200-240
5'5"	95-120	121-170	171-200	200-240
5'6"	95-115	116-165	166-195	195-235
5'7"	95-110	111-160	161-190	190-230
5'8"		110-155	156-185	185-225
5'9"		115-150	151-180	180-220
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now the color of the sky on sunny days. I take my friendships more seriously."

Tema plans to open a local chapter of a Washington-based group, the National Association of People with AIDS. And the hope of a cure keeps her going. "I know that my chances of getting full-blown AIDS increase the longer I'm infected. And I also know that people have gotten sick enough to die of ARC alone," she says. "But I keep praying that I'm never going to get worse, that God won't let me die."

Mathilde Krim
A race against time

"I feel enormous pressure, not only from the outside but from the inside," says Mathilde Krim, Ph.D., who is recognized as one of the foremost AIDS researchers in the country. "Time is so much of the essence. Even as we speak, thousands of people are being infected with AIDS. We now know that they are receiving a death sentence."

No wonder that this sixty-one-year-old grandmother of two, wife of Orion Film head Arthur Krim, regularly works twelve-hour days—and sometimes around the clock—in the life-and-death battle against AIDS. She admits that when breakthroughs don't come, "I feel that I'm hitting my head on the wall. But I would be more frustrated if I weren't intellectually busy. Knowing that I'm fighting helps."

And Krim is fighting perhaps the toughest opponent in her distinguished career. "If AIDS had developed twenty years ago," she says, "it might have wiped out mankind." Today, thanks to medical advances, researchers have more tools and information to tackle the virus.

Krim—an associate research scientist at St. Luke's–Roosevelt Hospital Center and at Columbia University's College of Physicians and Surgeons, both in New York City—became involved in the fight to conquer AIDS through her past work at Sloan-Kettering Institute, where she studied the use of interferon as a possible cancer treatment. By 1983, Krim says, "compelled by a feeling of personal responsibility to make others understand what the risks of AIDS were," she and colleagues founded the American Foundation for AIDS Research (AmFAR). The nonprofit organization is the only private institution in the country that grants awards strictly for AIDS research. Each research proposal is reviewed by an advisory committee of thirty-six scientists, including Krim. To date, AmFAR has funded eighty-five research projects.

Despite the wealth of information gathered about the human immunodeficiency virus (HIV), which causes AIDS, Krim anticipates that ten to twenty million people will become infected by 1991. "We had a chance to contain the virus, and we missed it," says Krim. Too many people refused to believe the disease could spread to mainstream society, the way it has in Africa, and so, she believes, the government took action too late. "Now the virus is out and will spread to the general population," Krim says.

Despite the grim facts, Krim knows there are limits to what the medical community can do. "We cannot conceive of a cure," she says frankly, "because we're not going to be able to eliminate HIV from a victim's system completely." (HIV cannot be killed without killing the healthy cells it is living in.) However, the long incubation period of the virus—as much as seven years from the time of infection to the first symptoms—may make treatment a real possibility.

> *"If AIDS had developed twenty years ago," says Krim, "it might have wiped out mankind."*

"There is definite promise," Krim says, "that the infection will be controllable through lifelong drug treatment that can suppress the multiplication of the virus—provided we start treatment early after infection. People getting HIV infections today will be kept alive and functioning and may never die of AIDS."

In addition, there will be a way to prevent people from becoming infected in the first place. "We will have a vaccine in five years," Krim predicts. But, she adds, "it may be as long as ten years before a vaccine can be given to the general population."

Krim says she was immediately struck by the potential for prejudice against AIDS victims, because the first people to be affected were gay men—a situation that she says created a reluctance on the part of authorities to move ahead with public education and research on a large scale. Yet, she points out, "it was only by happenstance that the disease was imported from Africa into the gay community first, and it spread among that group first before spreading out." Because of the long incubation period for AIDS, current illness patterns reflect those who were infected years ago—which explains why gay men still account for the biggest number of victims. "But this is an artificial situation," Krim says. The statistics on those infected today won't show up until many years into the future.

"We know now that the virus can infect *anyone*, and that the percentage of heterosexuals getting the disease is now increasing faster than that of homosexuals," says Krim. For this reason, she finds the popular phrase "high-risk group" meaningless, because everyone is potentially at risk. "Only the naive think, This disease won't happen to me. Those people are sitting ducks for AIDS."

Therese Dawe
The courage to care

One sunny May afternoon Therese Dawe and Rick made the scenic two-hour drive from Lansing, Michigan, to Detroit; an onlooker might have thought they were a carefree couple enjoying a perfect spring day.

But for Rick, a thirty-year-old gay man who was diagnosed as having AIDS just two months earlier, there are no more perfect days. Doctors have given him two years to live. "He was telling me about his funeral arrangements," says Therese, a thirty-three-year-old housewife and mother of two girls, who volunteers as a buddy for Rick. The drive was a mission to pick up leftover Retrovir—a drug that helps to prolong the life of some AIDS patients—from a couple whose son had recently died and not had a chance to finish his medication. The drug, which Rick is also taking, is so expensive that his savings were wiped out after only a month of buying his own supply. (He is now receiving Medicaid payments to enable him to afford to buy the drug.)

On the surface, Therese Dawe and Rick have very little in common. Therese is a self-described Gidget type who grew up in a strict Catholic home and married at nineteen. Rick, who held odd jobs after a two-year stint in the Army, is a former drug and alcohol abuser. But, moved by Rick's suffering, Therese has built a bridge of compassion between them.

Therese became an AIDS-patient buddy through the *(continued*

Are your eyes something to look at?



The Bausch & Lomb/Ladies' Home Journal

Eyes of the '80s CONTEST

Let us have a good look at your eyes and you could win $5,000 cash and be a featured model for Bausch & Lomb and *Ladies' Home Journal*.

Bausch & Lomb and *Ladies' Home Journal* are searching for the perfect eyes. Eyes that will be the envy of America. Eyes that will be the EYES OF THE '80s. Women all over the country will have their sights set on capturing the EYES OF THE '80s Contest Grand Prize package that includes:

- $5,000 cash
- A Professional Beauty Makeover
- An Expense Paid Luxury Trip to New York City
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- An Appearance in a Bausch & Lomb Print Advertisement
- A Photo Feature in a *Ladies' Home Journal* Beauty Page

To choose the Grand Prize winner, six finalists will be brought to New York City. Five finalists will each receive a full beauty makeover, $500 cash and an exclusive Ray-Ban sunglass collection. One hundred semi-finalists will be awarded a new pair of Ray-Ban sunglasses.

To get your chance to be the Eyes of the '80s, send us an unretouched, full face color photo of yourself (3½" × 5" to 5" × 7") with your name on the back. (No slides or transparencies, please.) Mail the photo along with the official entry form* to: BAUSCH & LOMB "EYES OF THE '80s" CONTEST, P.O. Box 3555, Syosset, NY 11775. All entries must be received by 11/30/87.

*You may use an official entry form or tape a plain 3" × 5" piece of paper with your name, address, zip code and the words "Bausch & Lomb and Ladies' Home Journal bring you the Eyes of the '80s" to the photo. Protect photo with cardboard. Enter as often as you wish. Each entry must be different and mailed separately. Limit one photo per entry. No responsibility is assumed for lost or misdirected or late mail. No purchase necessary. Rules appear on the official entry form and can be obtained by writing to: RULES, P.O. Box 3539, Syosset, NY 11775. Requests must be received by 10/30/87.

AIDS
continued

Lansing Area AIDS Network—a group of some sixty volunteers that depends on grants and donations. Before her involvement, she never gave much thought at all to headlines about the disease. But one day, while sitting in a YMCA whirlpool with her two daughters, she panicked. "Can we get AIDS from this?" she asked, and she started to do some research. As Therese learned more about the disease, she began to identify with the pain and frustration of the victims. Only recently had her older daughter, Stephanie, now nine, been able to walk and run again after a two-year struggle with dermatomyositis (a rare disease in which muscles and nerves become inflamed). Stephanie's illness is now in complete remission.

Therese's husband had some initial hesitation about her volunteer work but soon came to support her decision. Her mother, however, tried to talk her out of it, fearing that Therese would somehow become infected and spread AIDS to her children. In fact, even Therese didn't find it easy to ignore all the misinformation circulating about AIDS. During one of her four training sessions, she shook hands with a speaker who had AIDS and then barely fought off the urge to thoroughly wash her hands. And the first time she invited Rick to her home for dinner, she says, "as I was clearing the table, I kept thinking, What if we really *don't* know everything about how this disease is transmitted? But," says Therese, "volunteers have to be able to control illogical hysteria." She proceeded to calm herself and wash all their dishes together. Rick is today a frequent visitor to her home.

Therese was assigned to Rick shortly after his diagnosis was changed from ARC (AIDS-related complex) to full-blown AIDS. His white blood cell count had dropped dramatically; extreme fatigue, migraines and weight loss had made it impossible for him to work. Last fall, a devastating bout with Epstein-Barr virus (which he fell prey to because his immune system is so weakened), coupled with the death of a close friend from AIDS, drove Rick to attempt suicide. His roommate came home in time to save him.

On good days, Rick—six feet and 150 pounds—looks thin but relatively healthy, says Therese. On bad days, she says, he looks exhausted and "talks about his friend who died." The friend had been in a great deal of physical pain and was ashamed of the Kaposi's sarcoma sores that were all over his body. He also had dementia, and Rick himself is terrified of losing control that way. "When he talks about dying, I feel so helpless, I just don't know what to say," says Therese. "But Rick's illness has made me reevaluate my own life. None of us knows when we're going to die. Rick has made me see that life is very precious. I need to do the things I want to do *now*."

Therese, who spends more time these days with Rick than with some of her close friends, drives him to doctors' appointments once a week, shares lunches and attends concerts with him, and takes him with her daughters on lakeside outings. Therese feels it's important to share her family with Rick. "His parents live halfway across the country, and his relatives in the area would be mortified if they knew he was gay." But that is an attitude Therese now finds incomprehensible. "Being judgmental only separates us from caring for people," she says. "I don't think of Rick as a person with AIDS. I think of him as a friend. When I told him that recently, we both got pretty choked up. He said that was the best thing I could ever have told him."

Amy Ashworth
A mother's grief

Amy Ashworth remembers one beautiful July morning six years ago, when she settled at her kitchen table, in Bronxville, New York, to savor a cup of coffee and the unusual fact that she had no pressing appointments to rush off to. But when she opened that day's newspaper, the story she read—about a deadly disease called AIDS that was afflicting many gay men—"gripped me with panic," she recalls. She rushed to the phone to call her eldest of three sons, Tucker, then twenty-six. Eight years earlier, Tucker had told his parents he was gay.

"This will become the worst plague," Amy warned her son, "because it affects a minority. Nothing will be done." Since that day, she says, "I lived with fear, which I buried very, very deep."

Last May 30, Tucker, thirty-two, died of complications resulting from AIDS. He was described by all who knew him as a gregarious, high-energy young man, fiercely dedicated to his work, who had a gift for turning the smallest occasion into a special event. He left behind his lover of fourteen years—a professor and author—and a brilliant career that had culminated in his role as director of public affairs for the New York City Planning Department. At her son's memorial service, Amy, a dynamic woman with short silver hair and sympathetic blue eyes, told some three hundred fifty friends and relatives that she *(continued)*

Morton Salt "American Originals" Sweepstakes

OFFICIAL RULES

No Purchase Necessary

1. To enter, hand-print your name and address with zip code on an official entry form or on 3" x 5" paper. Also, enclose the UPC code number from a Morton® Salt 26-oz. package, or on another 3" x 5" paper hand-print the words "Morton Salt American Originals Sweepstakes." Enter as often as you wish but mail each entry separately to:

   Morton Salt
   "American Originals" Sweepstakes
   P.O. Box 8465
   Chicago, IL 60680-8465

   Sweepstakes starts 8/24/87; closes 3/31/88. Entries must be received by 3/31/88. Morton Salt is not responsible for lost/late/mishandled mail.

2. Winners will be drawn at random on 5/16/88 by an independent judging firm from all qualifying entries received. Number of qualifying entries received determines winning odds. Judges' decisions are final in all matters. Winners will be notified by mail by 6/16/88. One prize per person. All prizes will be awarded.

3. Prizes are: One Grand Prize: 1988 Dodge Grand Caravan (with V6 engine, air conditioning, automatic transmission, power steering/brakes, AM/FM stereo radio, speed control, power windows/door locks), value $16,263. 5 First Prizes: Norman Rockwell signed and framed Lithographs, approximate value $3,000/each. 20 Second Prizes: RCA 26" Color Televisions, value $660 each. 100 Third Prizes: Columbia (lady's or man's) 10-speed Bicycles, value $150 each. 1,000 Fourth Prizes: Morton Salt Tote Bags, value $9.95/each.

   If a prize is not available at the time of awarding of the prize, a substitution of equal or greater value will be made at sponsor's option; otherwise, no prize or cash substitutions or transfers will be allowed.

4. Entries become the property of Morton Salt Division of Morton Thiokol, Inc., Chicago, Illinois. None will be returned. By entering, winners consent to the use of their names and/or likenesses for promotional purposes without additional compensation.

   Sweepstakes open to U.S. residents, 18 years or older; void where restricted or prohibited by law. All Federal, State and local laws apply. All Federal, State and local taxes are winners' responsibility. Employees of Morton Salt Division of Morton Thiokol, Inc., its affiliates, advertising agency, and their immediate families living in the same household are not eligible. Proof of eligibility and release from liability may be required. For major prize winners list, send stamped, self-addressed envelope to: "American Originals" Winners, P.O. Box 8228, Chicago, IL 60680-8228.

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Address_____

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State_____

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AIDS
continued

had always thought of her family as "a diamond in which everyone sparkles in his own way." That day, not for the first time, she saw "just how far and wide Tucker's own light had shone."

At eighteen, when Tucker told his mother and father, a lawyer, that he was gay, Amy recalls feeling at first that "somehow, I was the cause of it. I didn't sleep much that night, and I felt very, very guilty. The next day, I didn't go out marketing. I live in a small village; I felt people would know. And I thought, I just can't face it."

But Amy didn't waste much time feeling sorry for herself. She and her husband began attending a support group for parents of gay children, where she came in contact with gay men and women who helped her make peace with her son's homosexuality. "I realized," she says, "that Tucker was the same person I had always respected and loved with all my heart. And I grew angry at the world. I thought, I should shout from the rooftops, 'I have a gay son, and we are a normal family.' But it took me a year before I could tell even my very best friend."

By 1977, however, Amy had become executive director of the New York City chapter of Parents and Friends of Lesbians and Gays, a nationwide group that aims to promote understanding of homosexuality within the family and society. Long an indefatigable volunteer—she had worked in nursing homes, for Head Start, for the League of Women Voters—Amy threw herself into the cause, crisscrossing the country to speak, operating a hotline out of her home, attending the gay pride march in Manhattan every year.

What deeply touched a nerve in her, Amy explains, is the injustice of discrimination against gay people, which she feels, has deadly results when it comes to the handling of AIDS. "If this disease had hit Park Avenue first, which it could have," she says, "things would have been different. But AIDS is an unpopular enemy, and so few of us are fighting it."

In late 1985, Amy noticed that Tucker had begun to lose a lot of weight, but he blamed it on stomach problems. In March 1986, the same month that Amy found out her husband needed triple bypass surgery, Tucker tested positive for AIDS. "I spent that whole month crying," says Amy. Tucker was in and out of the hospital the rest of the year with bouts of pneumonia; the family had their Christmas celebration at his bedside.

Amy was a constant visitor to her son's hospital room, where he managed to continue working via phone until April of this year. She brought him homemade chicken soup, casseroles and shepherd's pie, spending time with him between operations and his doctors' frequent visits. "Tucker used to say, 'I'm going to beat this, Mom,' " Amy recalls. "And I always lived with hope. I kept my fears to myself." Tucker spent his last weeks in the hospital, gaunt but full of courage. Amy and her youngest son, Eric, shared his last night with him.

Amy doesn't expect to ever get over her son's death. "What helps me is that Tucker has stopped suffering," she says quietly. "I sometimes think the very best are taken the very first. If you're noble, you say you're grateful for the time you had." Her eyes well up, and her voice breaks. "But that's being very noble."

Amy plans to keep Tucker's memory alive by continuing to fight for acceptance of gay people and for increased medical funding for AIDS.

"I'm outraged that we're talking about education only now, when we should have actually been doing it years ago," she says. "I'm outraged that we are continuing to pour money into defense instead of into AIDS research. It's up to Congress whether our children will live or die." **End**

FIGHTING FOR TONY

continued from page 68

ppointment, I went alone. The social orker was startled when I told her ony's temper tantrums always lasted t least an hour and usually closer to our and that he had them once or wice a day. "I think you should bring ony in for a complete workup," she aid. "I don't know how you've surived this long."

A thorough evaluation meant sever- l months of appointments with as- orted professionals. I began Tony's valuation in October 1979 by taking im to see a child-development ecialist named Carrie. We et in a big playroom lined ith toys. Tony wandered round the room in circles, lancing at the toys but never stop- ing to play with them. He didn't re- ond when I called his name.

Then Tony found a toy car and start- l spinning its wheels. "When he does at," I said, "he reminds me of an utistic boy I saw in a TV movie."

Carrie looked at me hard. "He reinds me of that boy, too," she said.

Driving home, I thought how ridiculus it was for Carrie to think Tony as autistic. Then I remembered a line om my pediatric nursing textbook: Autistic children are difficult to diagose before their second birthday." ony was twenty months old.

Finally, in February, a week after ony's second birthday, Rich and I met ith the evaluators at Programs for hildren to go over Tony's test results. hey told us his cognitive developent, or ability to think things out, as that of a nine-month-old. That as the first shock.

Then the speech and language evalators said that Tony's prelanguage kills were so poor that it was doubtful e would ever talk other than to exhibthe echolalia that had begun to nerge clearly.

The pediatrician summed it up by aying Tony was autistic-like and nctionally retarded. The first term eant that he fit the diagnostic crite- a for early infantile autism, and the cond meant that because of the ausm it would be impossible to tell if he as mentally retarded, but he would nction as if he were.

"He will always need someone to ke care of him," the pediatrician told s. By that time I was crying, and Rich as fighting the urge to put his fist rough the wall.

Although I was shocked and hurt by e diagnosis, I found that my nurturg instinct was still intact. I realized ony would need me even more than a rmal child would.

Rich reacted differently. Tony was his firstborn son and looked just like him. When Rich was told his son was mentally defective, he was devastated. He became severely depressed.

I covered up my own sadness by putting all my energy into creating a therapeutic environment for Tony. Even though the doctors had told us that autism was irreversible, I was determined to help my son get better.

A very special teacher

Although Tony had never paid any attention to Renee, she—in the innocence of her youth—was intent on making him her playmate. She was a bright, happy little girl with a mind of her own. Little by little, Tony let Renee intrude on his solitude.

Gradually, Tony and Renee's relationship changed Tony in two important ways. First, he didn't cry as much. Second, Renee improved Tony's ability to communicate. They shared their favorite toys, and they did silly things to make each other laugh. Renee initiated all interactions, but Tony responded. He called Renee "Baba," probably because he had heard us refer to her as "the baby," and he had no trouble making eye contact with her. By teaching Tony to interact with her, Renee was doing what a therapist would do, only better.

The new quiet in our house gave me the energy to experiment. It was 1980, and diet was a hot topic. Mothers were beginning to look at sugary snacks with suspicion. *(continued on page 196)*



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PRINCETON SCIENTIST FORMULA FOR QUICK AND

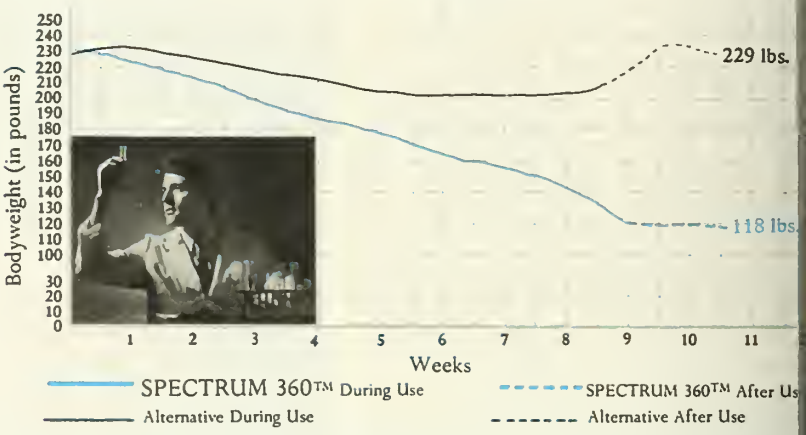
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FIG. 1:1. A recent comparative study involving the use of SPECTRUM 36 and other leading weight-loss products. Princeton, N.J.



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SPECTRUM 360™ WEIGHT-LOSS FORMULA



FACTOR I FACTOR II FACTOR III

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**SPECTRUM 360 burns fat 24 hours a day, when it is used as directed.*

100% SAFE—PROVEN THE HEALTHIEST CHOICE

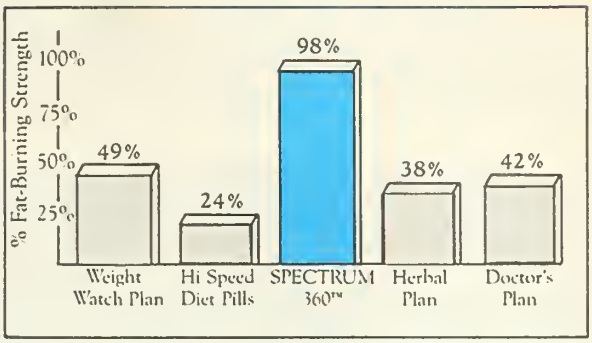
The ingredients contained within SPECTRUM 360™ are **natural,** lab-tested food supplements. **Men and Women of all ages** may use SPECTRUM 360™, as it contains no amphetamines, caffeine, or artificial stimulants. All of the SPECTRUM 360™ FACTORS are thoroughly inspected for freshness and purity, so that you're **guaranteed constant quality.** What's more, is that even though SPECTRUM 360™ is so extremely powerful, it is absolutely safe, with no negative side-effects whatsoever. It also contains **100% of the U.S. RDA** of vital nutrients, to help provide optimum health and vitality!

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IG. 1:2. A recent 1 year test-study held at VITA-LIFE Health Center, N.J.

FIG. 1:2.

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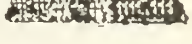
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FIGHTING FOR TONY

continued from page 193

I discovered that Tony didn't have trouble with sugar one day when he was sick. Because he couldn't eat solids, I had put him on a diet of 7-Up and Jell-O; much to my surprise, his behavior got better. Maybe I had taken him off a substance that irritated him, I thought. I decided to try him on a modified elimination diet.

First, I took him off wheat, chocolate and milk, which I knew to be common allergens. He seemed less irritable and even slept more at night. The next step was to restore the foods one at a time. I chose wheat first; nothing happened. I added chocolate, and again there was no response. Finally, one morning, I gave Tony a big glass of milk. An hour later he was on the rampage.

I talked to pediatricians and allergy specialists about Tony's reaction to milk. "There's no connection," they told me. But I retested my results four times, and each time Tony's reaction was the same. Soy milk then became a permanent part of Tony's diet.

Things were really beginning to look up. Renee was bringing Tony out of his shell with wonderful results, and he was doing better in the special preschool class in which he was enrolled. Rich and I had learned to encourage Tony to communicate, and language was appearing. Best of all, with his new diet, Tony was less irritable. My goal was to have Tony become a normal child and catch up with his age group in time to start kindergarten.

However, my relationship with Rich wasn't faring so well. We hadn't spoken about anything besides Tony for so long that we had forgotten how to talk to each other. We always ended up blaming each other for our son's condition.

Ultimately, we decided to get a divorce. Rich moved into an apartment and the kids visited him on weekends. During one visit, Tony progressed even further. Rich had told me the kids seemed to miss me on weekends and he suggested that I make a tape of my voice for them. When Rich played the tape, Tony began responding to my voice. By the end of the tape he was shouting out the answers to my questions. As Tony listened to the tapes more and more, he started saying simple sentences and began answering questions with ease.

I wondered why Tony could respond to me on tape and not in person. Apparently he could use only one sense at a time. He couldn't listen to me and look at me. That would explain why he made eye contact so poorly.

As Christmas approached, Tony's progress was heartening. He was feeding himself, was sleeping through the night and was toilet-trained. He and Renee spoke in short sentences like "Tony go side-side," meaning "Tony wants to go outside," and "Baba go bye-bye car," meaning "Renee wants an adventure." Rich and I were thrilled.

Shortly before my divorce from Rich was about to become final, and right before Tony's third birthday, Tony had his annual evaluation at Programs for Children. Rich and I were certain the testers would change Tony's diagnosis. But after the tests, the evaluators told us that Tony had progressed only five months since last year's evaluation. I had expected them to say that he had gained eighteen months.

Rich and I were shocked and upset. What we had thought was a pretty good command of language, the evaluators told us, was really advanced echolalia. If Tony was ever to have true communicative language skills they explained, he would first have to develop use of tools (a pail and shovel for example) and pretend play, the pre-language skills children usually develop before age two.

Renee was a big help in teaching Tony both these skills, and she even bullied him into learning numbers. As she herself grew from infant to child she took each step and turned it into a



Comparison between Fruit Corners® Strawberry Fruit Roll-Ups and Sunkist Strawberry Fun Fruits only. Fruit Roll-Ups contain both strawberries and pear puree concentrate. Fruit and sugars content of other Fruit Corners products vary by product and product line.

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son for Tony. No special-education
acher could duplicate Renee's love,
ermination and creative methods.
Renee's gains with Tony were a
eat motivator for me. I began to
rch the library again for books that
ght take us closer to our goal. One
particular proved invaluable: *The
timate Stranger: The Autistic Child.*
e author, Dr. Carl H. Delacato,
intains that autism is a treatable
rological problem. He believes that
e or more of an autistic child's "in-
e channels" (sight, sound, taste,
ell or feel) is deficient in some way.
I read, I began to understand what
used some of Tony's problems. For
mple, I learned why he was so hy-
sensitive to sound. The only noise
could tolerate was a sound he made
self; other noises overloaded his
litory channel. Tony liked to pull a
cap over his ears when things got
loud, so I made sure the cap was
ays available. I let him control the
ume on the TV and the stereo. At
ht, a fan in his room protected him
n shocks to his auditory system.
here was more good news around
s time: Rich and I realized that we
l loved each other, and the four of
became a real family once again.
inally, when Tony was five, we
k him for another evaluation. We
e eager to show him off as well as
ee the word "autistic" stricken from
records. This time we were not dis-
ointed. It was with great joy that
doctor at Programs for Children
l us his original diagnosis was
ng. Rich and I were ecstatic.

A startling discovery

at summer, we were at last begin-
g to feel like an all-American fam-
We even started taking family
ping trips. One afternoon, we
ked our car with camping gear and
ed up the kids from a summer day
gram they attended. When we ar-
d at our favorite spot, Rich and I
acked while the kids ran to a near-
stream. Suddenly we heard Tony
am. I ran to him as fast as I could.
ony was standing with his hands
in the air, screaming. "What hap-
ed, Tony," I asked. "What's the
tter?" He just kept screaming.
hen Renee picked up the Windex
le Tony had been playing with and
ded it to him. Tony stopped
aming as suddenly as he had start-
I was puzzled.
few minutes later Tony started
aming again. This time the Win-
bottle had no water in it.
Tony, stop it," I said firmly. "If you
t me to put water in the bottle,
say so." He didn't seem to hear
vord I said, nor did he stop screaming until the bottle was filled.

This was the first time in two years Rich and I had seen Tony this withdrawn. We wondered what could have caused his severe regression. "Wait a minute," Rich exclaimed. "Tony's teacher said she gave him milk with his snack. She forgot that we don't give him milk. He had two cartons."

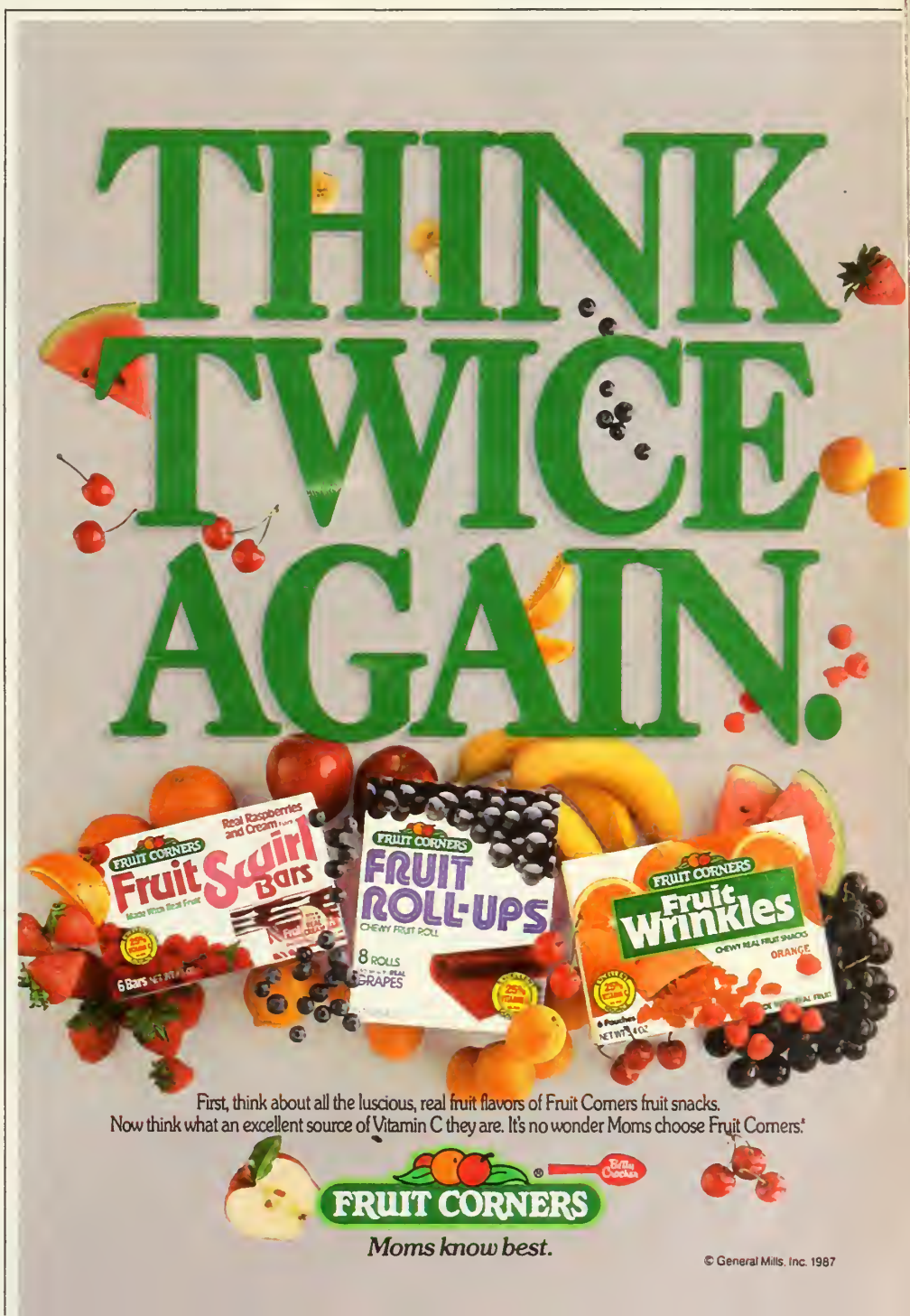
"Oh, my God! Milk did this to him?" I could hardly believe it.

Tony stayed awake rocking and clicking his tongue until two A.M. Later in the morning I spoke to him, waiting for a sign that he was better. "Good morning, Tony," I said.

"Good morning, Mom," he replied. Rich and I heaved a sigh of relief.

As we cooked breakfast the significance of our discovery began to sink in. "It's been cow's milk all along, Rich," I pointed out. "I drank cow's milk when I was nursing him, then I weaned him on cow's milk when he was six months old. He started to get better when he was two and a half—when we put him on soy milk."

The revelation was so profound that it took time for me to understand it. It changed our view of so many things. Although I had always given Renee most of the credit for Tony's transformation, I realized now that it was only after I took him *(continued on page 200)*





A large, glittering rhinestone and golden-studded eagle ornaments the back of the doll's suit.

Shown much smaller than actual size of 18".

©1987 ELVIS PRESLEY ENTERPRISES

An important new collector doll in fine porcelain...

ELVIS PRESLEY

Wearing a lavish, breathtaking re-creation of his most famous concert outfit.

Issued with the official endorsement of the Elvis Presley Estate.

S PRESLEY. The singing idol of the)'s and 1960's, he was among the t influential popular musicians of century. In 1973, he performed in vorld's first satellite telecast concert s—Aloha from Hawaii," which was hed by more than a billion people. ow, in tribute to this legendary per- er, the Danbury Mint presents an ortant new collector doll portray- lvis as he appeared in that historic ert.

A work of remarkable realism

authorized and approved by the Presley Estate, this 18" doll is re- ably lifelike. The head is accurately otured of fine bisque porcelain, as he lower arms and legs. The doll's is painted by hand, bringing to life famous smile and soulful eyes.

aring a magnificently re-created, hand-tailored outfit

costume is an authentic re-creation e elaborate jumpsuit worn by Elvis s "Aloha from Hawaii" concert. d-tailored, it is adorned with gen- multi-colored rhinestones – *over in all* – and golden stars, chains tuds. It is characterized by a metic- s attention to detail – right down e working buckles on his boots, ath the flaring red satin set into antlegs.

re-create this spectacular cos- e, the designers of the Danbury worked closely with the authori- of Graceland Mansion where the nal suit is on display.

e decoration is intricate and lav- A large, glittering rhinestone and en-studded eagle ornaments the of the doll's suit, and this motif is ed out in the decoration of the front ides. Colorful eagles appear on the belt in the form of plated golden ems. Even the brilliant rings on fingers have been painstakingly eated.

m his sensuous smile to his char- istic stance, from the medallion around his neck to the rings on his fingers, this *is* Elvis!

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This extraordinary doll is available exclusively from the Danbury Mint, and comes complete with a microphone and a hardwood display stand. It will also be accompanied by a personalized, serially-numbered Certificate of Ownership establishing your doll's unique place in this exclusive issue.

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The original issue price is only $195, payable in five monthly installments of just $39 each (the first due before shipment of your doll). This is an incredible value for a doll of such superb artistry and craftsmanship.



His meticulously sculptured head is exquisitely painted by hand.



The brilliant rings on Elvis' fingers have been painstakingly re-created.

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A work of art to enjoy today... an heirloom for tomorrow

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the Danbury Mint

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*Plus $.80 per installment for shipping and handling.

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☐ VISA ☐ MasterCard

_____
Credit Card No. Expiration Date

Signature _____

Allow 8 to 12 weeks after initial payment for shipment.

W37

WE REALLY COOK ON THE KITCHEN FLOOR



K ITCHENS. To tackle tough spots like heel marks, sprinkle Spic and Span on a damp sponge and rub clean.

not be thought valid unless there were many other cas like it.) Parents of disturbed children are not even aske to watch for a relationship between mood and food. they're left to discover cerebral allergies accidentally, we did, they may never find out about them.

I can only hope that Tony's story will keep some oth children from being misdiagnosed as autistic.

About a year after the incident on the camping tri Tony entered kindergarten—a year behind his peers, b in a regular classroom. He did very well. I'd never fe prouder—or happier.

Today, Tony and Renee are third graders, and they' both doing splendidly in school. Each enjoys several clo friendships, and both are developing their individual ta ents. Renee's greatest love is playing the piano. Tony strong in math, science and music, and he and his friend enjoy riding bikes and climbing trees.

I realize that my family has been very lucky. Of th approximately one hundred thousand children in th country diagnosed autistic, only about a dozen are able function well in spite of their symptoms. I know that w haven't discovered the cure for autism, and that wha happened to Tony does not apply to all kids. But I d believe we may have found a solution for a small sub group of people diagnosed as autistic. Tony is here to sa that autism isn't always hopeless. **En**

If your child is autistic, you can get more information about the condition by contacting the National Society for Autistic Children, 1234 Massachusetts Avenue N W , Suite 1017, Washington, D C 20005; or the Institute for Child Behavior Research, 4182 Adams Avenue, San Diego, CA 92116.

■ FIGHTING FOR TONY

continued from page 197

off cow's milk that their relationship blossomed. But Renee *was* a great help to Tony. By the time I put him on soy milk, he had lost two and a half years of childhood. Renee gave them back to him. Her love gave him a reason to struggle, learn and grow.

For me, it was, and still is, painful to realize that I caused the problem myself by trying to be the best mother possible by nursing my son. If he had been bottle-fed and cried as much as he did, he would have been switched to a soy formula before he was a month old.

At home, I described our discovery about milk to our pediatrician. But he told me patronizingly that milk probably just gave Tony a stomachache.

Later I told an allergist the story. "Cerebral allergies!" he gasped. "He has cerebral allergies!

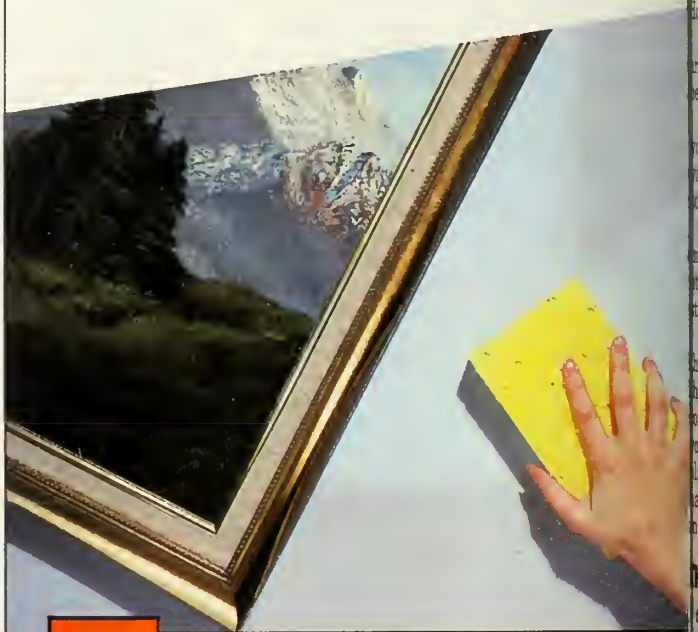
"Some people think it's possible for the brain to swell as a result of an allergy, just the way the sinuses swell in hay fever," he explained. "They think it can mimic retardation, autism or hyperactivity."

But then, unbelievably, he told me he didn't believe in cerebral allergies. "I've never seen a case," he said. "If they exist, they're extremely rare."

It was hard to understand how an expert could believe that cerebral allergies didn't exist—especially after what I had just told him about Tony. And I was sure that like me, other parents would find this confusing.

So I did some research and discovered that the concept of cerebral allergies has not yet been accepted by the medical and special education communities because scientific evidence to support their existence is lacking. (Tony's story is considered anecdotal evidence; it would

WE MAKE THE WALLS PICTURE PERFECT



W ALLS. To avoid streaking, dilute 1/4 cup of Spic and Span in 1/2 bucket of water and wash walls from the bottom up.

VE MAKE CLEANING
THE PATIO A PICNIC



ATIOS. To loosen extra tough dirt, let a solution of Spic and Span set for a minute before rubbing.

spouse from things they assume will be painful. Such a facade masquerades as love but may actually do damage to the relationship.

This type of protective thinking is one of the major blocks to super marital sex. One husband reported, "I love to see high heels on a woman, even during intercourse. I can't tell my wife, though. She would think I'm a pervert." The wife reported, "I know my husband would like me to wear my heels during sex, but I don't want him to know that I know." Each was trying to protect the other, but they were really protecting themselves from the risk of feeling vulnerable.

I'm not suggesting we must always tell all. The trouble begins, however, when we choose not to share something because we're trying to protect ourselves.

THE PROMISE PARADOX

Happiness is when the last kid leaves. **—a resigned couple**

We seem to be waiting for the major chord at the end of the symphony, the finale, the conclusion, that time when the ceiling is painted, the toilet doesn't leak, the kids behave and the checking account balances. Someday. The problem is that someday never arrives.

We promise that when we have a little more time we will make love, and we fail to make time or love. I notice that couples often state this phenomenon in threes; for example, we will make love when 1) the kids are asleep, 2) we are ready for bed, and 3) there is nothing else we have to do. But it is a false promise.

We must learn to move toward super marital sex not through empty promises, but through action. We will come to feel sexual as we behave sexually. *(continued)*

I LOVE BUSTERS

continued from page 98

om within as well as without, the marriage will fall ictim to the sameness problem.

One of the husbands in my study complained about his ife's looks in a therapy session, "She just got heavy. ow can I get turned on by her?"

When I responded that he was responsible for his own rousal, not merely for reacting to her appearance, he ecame angry. "Why do I need a partner, then?"

"It's a system," I responded. "You affect her, she affects ou, and so it goes. Instead of asking why she is heavier, ou might ask yourself about the qualities that lead you arousal. Are you aware of her or just her body?"

"You mean like my feelings that she is the mother of y children, the person who helped me through my heart tack, the person who tolerates my immaturity, and uff like that?"

Yes, exactly. In a marriage, it's the relationship that's ie basic turn-on. Take a good look at yours. Shouldn't ie predictability you see signal you to look inward for ntentment instead of outward for new stimulation? Do ou remember why you married this person in the first ace? What has happened to you together; what might appen in the future? You may find your marriage has an trinsic excitement all its own.

HE SECRECY FACTOR

don't tell my husband my real problems. **—a lonely wife**

arriage is a haven where we need not fear our own lnerability. Unfortunately, many people are afraid to t themselves enjoy this privilege. They shield their



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■ LOVE BUSTERS
continued

THE MYTH OF PARALLEL DEVELOPMENT

Just when I've established my career, he wants to change his. We just don't match up. **—a baffled wife**

We assume that we will pass easily through the same stages at the same time. But this just doesn't happen.

The marriage vows say, "until death do us part." Perhaps they should also say, "as we struggle together to negotiate the hundreds of changes we will encounter together." Our vows of intimacy should reflect the assumption of a marital dance in which we are forever trading the roles of leader and follower.

All couples struggle with differences as they go through their individual lives. We can choose to divorce and seek out transitional partners to match our changes, or use change to mold the marriage as an ever-evolving sculpture. Good marriages depend more on being the right person than on finding the right person. Experiencing change with someone else can be as exciting as it is difficult.

MUDDLED MODELS

I love my parents. But I'll tell you one thing. I will never understand how they stayed together. **—a confused husband**

We are seldom allowed a view into our parents' marriage from which we can construct a model for our own. Few of us have any idea about our parents' sexual interaction beyond some secret late-night squeaks and murmurs.

A basic question I asked my thousand couples was "How do you remember your parents' marriage?" More than half (57 percent) had negative memories of the way their parents interacted. Many couples commented that their parents just tolerated or ignored each other. Even those who could find something to admire stated that they might be "seeing what I wanted to see" or "what I thought might be going on but never really knew." Where and how do we learn to be married?

Media marriages leave us little to go by. They are either delightfully benign *Leave it to Beaver* styles of relating, or hot, conflicted, Ralph-and-Alice relationships.

We know more about what marriage should not be than about what it can be. Your parents' marriage affects your own style of relating, but remember, it's a starting point, not a goal to be achieved or an end to be avoided.

THE KIDS! THE KIDS! THE KIDS!

I don't remember how it was before we had kids. I'm sure we must have done something then, but I can't remember what it could have been. They seem to be everything now. **—a harried husband**

The kids do *not* come first! The priority we place on children has overburdened American marriages, resulting in doing for instead of with our children, applauding only them and never our spouses. Once the child dominates a marriage at the expense of the parents' relationship, even the parents become childlike. Husbands begin to buy toys for themselves, expect to be mothered by their wives, cheered at softball games. Wives become princesslike, protected and idealized. Soon everyone in the family is behaving more like siblings than parents and children.

Until we learn that we must lead our lives and our marriages not for children, but with them, we sacrifice our marriages and our own development. After all, wasn't one of your greatest wishes that your own parents would be happy? Think of giving that gift to your children. **End**

INFERTILITY

continued from page 106

an then get on with their lives."

One common—and treatable—ause of infertility in men, according) Lasnover, is called varicocele—a di-ated scrotal vein. "It's thought that ie varicocele causes the temperature ı the testicle to be increased so that)erm aren't manufactured well," he xplains. "It frequently results in low)erm motility." This condition can of-:n be surgically corrected.

In women, infertility is frequently ıe to a failure to ovulate, which can e caused by inadequate thyroid hor-:one, an enzyme deficiency in the ova-es, excessive stress or overweight. edicated female runners also often il to ovulate. "About twenty-five to irty percent of female infertility is ıe to failure to ovulate, and there are ffective treatments," says Lasnover. f it's because of inad-ıuate thyroid hor-one, we prescribe ıryoid hormone. ıere are also medi-tions that can help hen it's due to other asons. One common-used drug is clomi-ıene citrate [Clomid], hich is often respon-ble for multiple rths."

Another 25 to 30 rcent of female in-rtility, according to ısnover, is caused by dometriosis (a condi-)n in which bits of e uterine lining—e endometrium—be-me implanted out-le the uterus, in the dominal cavity and on the ovaries or llopian tubes). The condition is diag-sed using the laparoscope, a lighted be that is inserted through the na-l. "If we could find out how to pre-nt endometriosis, it would go a long ay toward helping infertile couples," says. Endometriosis can often be fectively treated with microsurgery hormone medication.

Another common cause of female in-tility is blocked or damaged fallopi-tubes. This condition is detected th a dye test, and it, too, can often be rgically corrected. Once a problem s been diagnosed, says Lasnover, ıere's hardly anything that isn't cor-:table."

In about 30 percent of cases there is demonstrable cause of infertility, d the couple suffer from what is lled, aptly enough, unexplained in-tility. "The woman is healthy, ovu-lating and menstruating regularly, no blocked tubes, no endometriosis, etcetera," says Lasnover. "The man has a normal sperm sample. They're doing everything right, but we can't find anything." Yet all is not hopeless for these couples. "Frequently," says Lasnover with a smile, "these people will adopt a baby and then they'll have one themselves! All that says is that there are probably some things that cause infertility—such as emotional factors—that we don't understand yet." **End**

CAESAREANS

continued from page 110

hands on the outside of the mother's abdomen—one hand over the baby's head, and one on the buttocks. By pushing the right way, he can make the head go down and the buttocks go up. I would say if a doctor doesn't diagnose a breech until term, he really hasn't done his job and protected a woman against a caesarean."

The final major category of caesarean births is cephalopelvic disproportion (CPD). Like fetal distress, this is also a difficult diagnosis for a physician to make. Neither X-rays nor manual examination can accurately diagnose this condition. As a result, it is usually diagnosed after a number of hours of strong, frequent contractions have passed in a long, difficult labor. This, too, will be a difficult category of caesareans to reduce.

Cefalo stresses, however, that the burden of reducing the number of unnecessary caesareans lies as much with women as with their physicians. "A woman should discuss her caesarean concerns with her doctor before she gets pregnant," he says. "It should be something she receives a lot of information about." **End**

PAP SMEARS

continued from page 104

radiation treatment or surgery, usually a hysterectomy.

The cure rate for cervical cancer depends on how advanced it is. "If you're being screened every year," says Seltzer, "you'll be able to find lesions when they're premalignant, and you'd have a one hundred percent chance of being cured." What doctors call a Stage 1 cervical cancer (which is limited to the cervix) is still 85 to 90 percent curable. But only about 10 percent of women with the most advanced cervical cancer will be cured.

At the moment, nothing on the horizon is likely to replace the Pap smear. One tool that has been mentioned is cervicography, in which a picture is taken of the cervix with a special camera, then sent to be analyzed. Says Mikuta, "It's really a gimmick. It would only serve a purpose if, in rural areas where there were no physicians, lay people were trained to do it and then send the photos for analysis."

Researchers have also developed a home test for cervical cancer, in which a woman inserts a special sponge—similar to a tampon—that picks up cervical cells. The sponge is then sent to a lab for analysis. Both Seltzer and Mikuta are skeptical and worry that women who take these tests would skip their annual exams. Says Seltzer: "You have to be sure you don't increase the likelihood—even by one percent—that someone is going to develop a cervical cancer that is not curable. And it's so important that women go for annual exams. At the same time that you have the Pap smear, the doctor is looking for evidence of infection, ovarian masses and so much else."

Concludes Mikuta: "I don't think anything will be replacing the Pap smear soon. What I think is important is that there be good quality control of the labs, that the labs be held answerable for their accuracy.

"Years ago the Pap smear was a tool just for gynecologists," he continues. "Today, with a swing back to family practice, many women will be seen by non-ob/gyn physicians. These doctors have to be sure they know how to do the Pap smear correctly, how to interpret it. But the Pap smear was developed just for this purpose: to screen large numbers of people." **End**

Free colon-rectal cancer screening

Colan-rectal cancer is still the secand biggest cancer killer af bath men and wamen. But early detectian af this disease—often before any symptams have appeared—means it can be cured in up ta 80 percent af all cases.

For the sixth consecutive year, *Lodies' Home Journol* readers can take advantage of a free calan-rectal cancer screening spansared by Medicine Shappe pharmacies and the AMC Cancer Research Center. The test is recammended far adults aged forty and aver.

The test, which cames with complete instructians, is taken at hame and mailed ta the AMC Cancer Research Center in Denver far analysis. Natificatian af results is by mail. If yaur test is positive, you'll be sent anather free kit far a retest. If the secand test is alsa positive, yau will be urged ta see a physician immediately for further tests. A positive result may indicate a variety af problems besides concer, including hemorrhoids, ulcers and palyps.

To participate in the screening, visit a Medicine Shappe pharmacy (there are mare than 700 natianwide) between Thursday, October 22, and Saturday, October 24, to pick up a test kit.

If there's na Medicine Shappe near yau, write for a test kit (send yaur request by December 1) ta: AMC/Medicine Shappe CRC Kit, Dept. LHJ, P.O. Bax 27365, St. Lauis, MO 63141. Please enclase yaur return address and two 22-cent stamps far each kit, and allaw at least faur weeks far delivery.

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GREEN THUMB JOURNAL

With October comes pumpkin season. If you plan now, you can harvest your own patch next fall for jack-o'-lanterns and pumpkin pies.

A member of the gourd family cucurbitaceae, the pumpkin is a form of large winter squash, but is distinguished by its five-sided stem. Considered a fruit because it contains seeds, the pumpkin differs from most fruits in the enormous size it reaches—the largest ever recorded was 612 pounds.

Pumpkins grow best in places with three to four months of hot temperatures. However, they can withstand cool nights and have been grown successfully in gardens with less than six hours of direct sunlight.

One key to successful pumpkin growing is using plenty of manure. In early spring, dig large holes 2 feet wide and 18 inches deep (spaced 6 to 8 feet apart), and fill with rotted manure. Mound soil (slightly) over this and plant five or six seeds an inch to an inch and a half deep in each mound.

In about two weeks, thin and discard all but the two strongest seedlings per mound, mulch well and keep the area well weeded and well fertilized.

Three to five weeks before the first expected fall frost, pinch back the vine tips and remove any small fruits that will not have time to mature. This will channel all nutrients to the remaining, pumpkins. Once these are completely orange, they're ready to harvest.

More tips for growing pumpkins

- If you're a short-season gardener, you should purchase pumpkin seed for early maturing varieties such as Cinderella, Spirit, Funny Face or Small Sugar.
- Choose pumpkin varieties that best fit your needs: Some varieties are larger and ideal for carving. Others are prized for their thicker flesh, which makes the best pies.
- If you want to grow an enormous pumpkin, try the Big Max variety.

Answers to your questions

Q. *What kinds of pumpkins are edible, and which are best for pies?*

A. The best pumpkins for any eating—pies, soups, breads, puddings—are the Winter Luxury, Triple Treat, Spirit Hybrid or Autumn Gold Hybrid.

Q. *At first, my pumpkins seemed to be growing well, but all of a sudden one sid caved in on a few of them. Why does thi happen, and can it be avoided?*

A. The shape of the pumpkin is some thing we cannot control. Odd shapes ar usually genetic. However, chemicals ca sometimes damage proper developmen so avoid spraying insecticides when th blossoms are present. A sudden cave-i on one side of the pumpkin is usually du to unfavorable weather (such as to much rain). Put a board under you pumpkin as it grows, and keep the pump kin as upright as possible.

Q. *What's the best way to get the who pumpkin seed out of its shell?*

A. To get the whole seed out of a pumpki shell you must first let it dry thoroughly Put your seeds out in the sun for at leas a week, until the exteriors become cris and brittle. At the same time the interior will dry and shrink slightly. Now you can easily crack the shells and remov the dried seeds. —C. Z. GUES

For a personal response, send your gardening questions or comments with a self-addressed, stamped envelope to C.Z. Guest, LHJ, 100 Park Avenue, New York, NY 10017.



★STAR GUIDE★

FOR OCTOBER

RIES (March 21–April 19) Your relaonships, especially with family mem-rs, will improve. Don't sign or mail ntracts and letters until you read em over carefully.

URUS (April 20–May 20) Health ould be the number one priority in ur home right now. Make sure you d your family have a dental checkup, d see the doctor if you're experienc- aches or pains. This is a good time start a diet and exercise program.

MINI (May 21–June 20) This month, 'e is in the air. You have been so eoccupied with work that you may ve neglected the most important rson in your life. Young people will ke you proud, so give them full supt. Beware of risky ventures.

NCER (June 21–July 22) Pressures at me can depress you. Share your xieties with people you trust, and their advice. Keeping the family gether is very important, so initiate cussions to clear the air.

LEO (July 23–August 22) Expanding your mind will make you feel more fulfilled. Find out about courses offered at local colleges that can improve your lifestyle or help you with your career. Videos, computers and books can also provide valuable information.

VIRGO (August 23–September 22) Sell or give away unwanted possessions to gain more freedom and space. You probably need the money, too. Consider making a new budget to control your expenses better. Take any opportunity to make extra money.

LIBRA (September 23–October 22) You feel and look better than you have for a long time. You finally know what you want and where you are going. A positive attitude will help you achieve your goals. People will go along with your plans for a special event.

SCORPIO (October 23–November 21) Be patient for a few weeks when things you try to do are delayed. Avoid confiding in too many people—you might say the wrong thing to someone and create a problem. This is a perfect time to plan your goals and check all details. But take some time out to relax, too.

SAGITTARIUS (November 22–December 19) Friends are more reliable than you think, so ask for assistance—especially if they can help you achieve your most cherished goals. Others may be able to introduce you to an influential person. Plan a party for both business and social acquaintances.

CAPRICORN (December 20–January 19) This is a time to make big decisions for your future. You can accomplish a great deal if you work hard. You will be very influential both in business and community life, and you may get an offer for a job that will give you more money and prestige.

AQUARIUS (January 20–February 19) An opportunity to study religion or spiritual matters may open your mind to new ideas and give you a chance to meet new people. Encourage family members to learn about your discoveries, but don't force your beliefs on them. It might drive them away.

PISCES (February 20–March 20) New projects and ideas that you and others in your family are working on will improve your income. Buying, selling, and collecting money owed to you will make this a very profitable time. Carefully read legacies and wills and bring them up to date. A relative may lend you money.

—FREDRICK DAVIES



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AFTER MY DIVORCE

continued from page 87

working professionally for ten years now," I exaggerated.

"And what have you been doing?"

"I've worked for a newspaper and had some work in a local magazine." (Two pictures in *Long Island*, a chamber of commerce magazine for tourists, but I didn't say that.) "And I've done lots of portraits." (I didn't think it necessary to add that they were portraits of babies.)

Farrell sat down behind a long desk and leaned back in his chair. He was not staring, yet I had the feeling that he was managing to look me over carefully. I'd worn my sweater and skirt, stockings and heels—well, low heels, but not my usual sneakers. I'd put considerable thought into how to present myself, and I'd decided slacks would be a mistake.

Farrell examined my application. "Umm. Thirty. You look younger."

I smiled sweetly. "Thank you."

"And still unencumbered, huh?"

"Well, I was married, but I got divorced last year," I said with a slight edge of sadness to my voice.

"*World* requires its photographers to do a fair amount of traveling. That wouldn't present a problem, then?"

"None at all. I'd love it."

"Well, we'd like to have you aboard. You won't be staff; we'll send you on assignments. You get paid only when you work, but we'll keep you busy."

I didn't dance at all until I was safely home in my own living room.

I knew I was implicitly disavowing my children, and I knew I didn't want them to know I was doing that. The morning after I was hired, I called an answering service and had our phone hooked up to it. I ordered a second line for us. That way, if *World* called me, they would reach a nice, professional-sounding service. There would be no risk of a young voice answering the phone and yelling "Mommy!" An extra expense, but necessary, I told myself.

I told myself plenty. I don't know whether my acrobatics were necessary. I simply wasn't taking any chances. Would they have hired me if I'd been married? If they knew I had small children? Maybe. I don't know, didn't know. I only knew I had a deep, pervasive sense that women had to be extremely careful in the public world, and the smallest thing could be used as grounds for rejecting them. And having kids is not a small thing. I had kids, but I also had Mrs. Nowak.

It was only a seed then, but it would grow, a hot, hard pebble of shame lodged near my navel. But I was too excited then to notice it. **End**

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SHIRLEY MACLAINE

continued from page 37

she now teaches at seminars throughout the country. The workshops, called Higher-Self Seminars, consist of group meditations, question-and-answer periods about past lives, consciousness-raising sessions and philosophical discussions on Eastern mystical theory. The actress realizes her workshops are not for everyone. "Some couples come together in the workshops, and some come apart because one half says 'This is all a lot of crap,' " she admits.

So why has she decided to tackle this particular role in the screenplay of her life? The actress stares intently at the living room's skylighted ceiling for a long while before replying softly, "Probably my father's death. My dad was a teacher, a sharer of what he had learned. He had a doctorate in philosophy and psychology, and when you're a philosopher or a psychologist, it doesn't take long for you to get into metaphysics. Daddy and I talked a lot about this in the last three years of his life. Knowing that his passing was imminent [he died a few days before she held the first seminar, in Los Angeles], I guess I wanted to share. I knew he'd be there to help me. In fact, he's one of my guides," she says with a wink.

Strange as it sounds, Shirley means it. When she says she communicates with her father and "friends from the other side" during meditations, she believes it with all her heart.

"All this is about the heart," she continues unabashedly. "When you go through these meditations you are feeling from your heart, not from your brain. That's why I won't let people at my seminars take notes or tape record. They can get the stuff I'm telling them from any good metaphysical bookstore. This isn't new! But for me to have them access their hearts, so that they can go home and cook that breakfast from a brand-new perspective . . ." Shirley's voice drops, and she seems precariously close to tears. Suddenly she falls silent.

After a brief pause, Shirley brightens again as she describes what prodded her to begin Higher-Self Seminars. For one thing, she was receiving mail by the bag load from people who had read her books, watched *Out on a Limb* and wanted to explore her ideas further. "Also, a lot of my friends have died of AIDS, and other friends have passed on, but no one as close as Daddy," she says. "It was becoming clear to me that the bridge between the unseen and the seen was getting shorter and shorter. I just wanted to explain that; I wanted to share that with people so they wouldn't have to swim around in their own agony. So many people wanted to talk about it more. They wanted instruction."

Could it also be that they wanted to explore these spiritual ideas with a teacher who happens to be a movie star? Is this the real reason behind her tremendous drawing power at these eight-hour-a-day marathon sessions? Shirley scoffs at the question. "Are you kidding?" she asks. "At those prices [$300 per person]? I certainly didn't want people having a spiritual tea party with a movie star. My whole approach is for them to come for this weekend and from the very beginning know that they're going to do it themselves. I actively don't want to be a guru; it turns me off! I don't like having that responsibility or having anyone else's power."

Food for thought

Shirley and I move to the oceanfront deck for lunch. Her housekeeper brings out a huge tossed salad and bowls of plump, fresh strawberries and grapes. Adding some of Paul Newman's dressing, Shirley gives the salad an extra toss and pours two diet sodas. After a few bites of salad she muses philosophically: "The crux of it all is

that we're creating everything in our lives ourselves...the good and the bad. Most of the great philosophers reached that point of view—that there's no such thing as reality, only subjective perception."

We eat in silence for a bit, as if the ideas, as well as the food, require careful digestion. Then she pops a strawberry in her mouth and talks enthusiastically about a forthcoming trip to Russia—at the personal invitation of Soviet leader Mikhail Gorbachev—to examine the Russian metaphysical movement. "Very, very evolved, they are," Shirley says matter-of-factly, chomping on her salad. "But I don't think they put it to God. I think they put it to unseen energy that they can utilize. Did you know that a psychic healer in Bulgaria kept Brezhnev alive for six years?"

After her trip to Russia, Shirley will complete still another book, expected to be published sometime next year. And although the actress hasn't appeared in a feature film since her Oscar-winning performance in *Terms of Endearment* more than four years ago, she insists that acting has only temporarily taken a backseat. "I guess I'm turning down too many things," she says with a sigh, then reveals, "to tell you the truth, I don't enjoy just acting anymore; it's not enough. So unless it's really an important, epic part where the subject is somehow illuminating in terms of human character, I'm not interested." She laughs. "Actually, the real reason I turn things down is I fall asleep in meetings."

Just friends

If her acting career is on hold, so, it appears, is her lovelife. Shirley pours herself a cup of coffee and speaks candidly about this area of her life. "I have deeper friendships now with men, but no real commitments," she says. "I'm not involved with anyone; I don't want to be. But I'm involved with lots of friends—just not the way I was when my life revolved around my work and one person."

She stares at the great expanse of beach and ocean, as if silently analyzing what those new feelings are. Then she explains, carefully choosing her words: "I don't know, I'm feeling . . . well . . . maybe I just like having it all the way I want it. I guess maybe I'm not feeling any pockets of unfulfillment that a man could rush to the rescue to plug up." She grins at the ambiguity of the statement. "And it would take a very special person to tear me away from my peace of mind. You know, it's a wonderful feeling to spend some real quality time with different people in different places. Entwinement isn't as complicated as it used to be, but that's because I was looking to other people to fulfill me. I don't feel like doing that anymore."

Her thoughts are momentarily interrupted by a phone call from her eighty-one-year-old mother, who will soon be flying out for a visit. But the minute Shirley returns to the deck, she picks up the conversation exactly where she left off. "I think roles of men and women are beginning to be reevaluated," she says. "You don't really need to go to bed with someone you adore being with. Oh, there's still that heterosexual attraction, but it doesn't always have to culminate in the hay. Because I'm very relaxed with that now, I find that without that pressure on my relationships, I'm much closer to a lot of men than I'd be if sexual pressure required them to perform, to be what they thought my expectations of them were."

Shirley downs her coffee and says with a chuckle, "You can just imagine what a man going to bed with me is thinking. The minute the sheets are rolled back, he's probably worrying that he's going to have to compete with my higher self!" **End**

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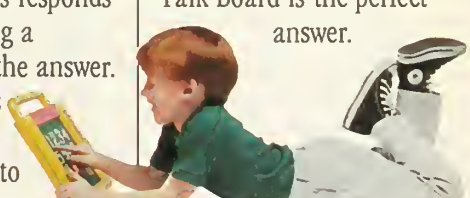
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ANNE BANCROFT

continued from page 77

she explains. "My mother was a switchboard operator at Macy's, but she had dreams for me. I had dreams, too. I wanted to be an actress."

Anne was nineteen when she signed her first movie contract, but it didn't bring the fulfillment she had expected. The studio controlled her life, forcing her to change her name and take parts in fluffy pictures like *The Girl in the Black Stockings* and *Gorilla at Large*. Lonely, insecure and frightened, she made the further mistake of marrying a Texas businessman, Marty May.

A comic courtship

"I knew it was over in three days," Anne says, "but it took me three years to end it." Feeling like a failure, she went back to New York, determined to win the important roles she yearned for on Broadway. She received a Tony Award for her Broadway debut in 1958 opposite Henry Fonda in *Two for the Seesaw*. Two years later, while she was onstage again in *The Miracle Worker* (for which she won a second Tony), a friend introduced her to Brooks. He was still a struggling comedy writer, and he was "kind of broke," Anne recalls. "For five days after we met, I bumped into Mel everywhere. He always pretended to be very surprised. He was a good actor even then."

On the fifth day, Mel gave Anne a present of his comedy record, *The 2,000-Year-Old Man*. She laughed and fell in love at the same time. "I remember telling my analyst, 'I've met the man I want to marry, so let's get on with this. I have to be well quickly.'"

Anne insists her husband deserves much of the credit for the success of their marriage. Brooks's personality at home, she says, is very different from his public persona. "He is not that easy to get to know," she admits. "He is often 'on' in public. He's funny, he's fast, and he talks a lot. But that's a facade. Mel is much more private than I am. He's enormously sensitive, and he's twenty times as funny in private and a thousand times more lovable."

Mel is quick to return the compliment. "I'm very, very lucky that we're still lovers as well as good friends," he says. "Besides, she saves me a couple of hundred a week that I'd be spending on psychoanalysts. I tell her everything, and she tells me what to do."

That endorsement doesn't mean that Anne is without faults, of course. "No one is perfect," she says. "There's a price to pay for everything. The trick is to pay it graciously."

When you're married to Mel Brooks, though, it's not always possible to be gracious. "His energy fills the house—and so does my son's," Anne says. "Sometimes there's not much room for mine. So whatever I need, I ask for, and if I don't get it, I scream. Then I get it." Anne lets out a hearty laugh before turning serious again.

"It's in the work that you really pay the price," she says softly, "in not being there with the family, in feeling they need you and you've let them down." She pauses and laughs a loud, self-deprecating laugh. "Of course, you find they can get on without you very well—it's *you* who need them. We all have problems, and we all have to learn to deal with them. We have a motto in our family: Inch by inch, life's a cinch. Yard by yard, it's very hard. I say it to my husband at the start of every film. I say it to my son before every test. Now, I wish someone would say it to me." **End**

ANNE BANCROFT'S TAMALE PIE

Prep time: 20 minutes
Baking time: 25 minutes

- 2 tablespoons butter
- ½ cup chopped onions
- ⅓ cup chopped green pepper
- 1 can (19 oz.) kidney beans, rinsed and drained
- 1 can (8 oz.) tomato sauce
- 2 teaspoons chili powder
- ½ teaspoon oregano
- ½ teaspoon cumin
- 1 cup cornmeal
- 2 teaspoons sugar
- ½ teaspoon salt
- ½ teaspoon freshly ground pepper
- 1 egg, beaten
- ⅓ cup milk
- 2 tablespoons melted butter
- 1 package (10 oz.) frozen corn, thawed
- ½ cup grated Cheddar cheese

Preheat oven to 350°F. Grease a 9-inch pie plate.

In medium skillet melt butter over medium heat. Add onions and green pepper; sauté until tender, 10 minutes. Remove from heat and stir in beans, tomato sauce, chili powder, oregano and cumin. Set aside.

In medium bowl combine cornmeal, sugar, salt and pepper. Stir in egg, milk and butter. Stir in corn. Press mixture into prepared pie plate. Spoon bean mixture into pie crust. Bake 20 minutes. Remove from oven and sprinkle with cheese. Bake 5 minutes more or until cheese is melted. Let stand 5 minutes. Serve with leafy green salad or green vegetable. Makes 6 servings, 370 calories each.



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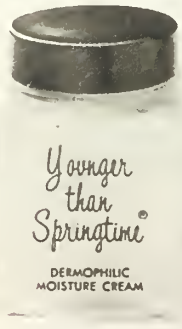


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KATE HEPBURN

continued from page 125

(Knopf), may be her first, but knowing Kate, there will undoubtedly be others. Forget about taking things easy—after fifty years as an actress, Kate is starting down another path.

But will the public applaud her in a new role? Kate wonders that herself. "One never knows," she observes, relaxing on a chaise longue on the screened porch of Fenwick, her country estate in Connecticut. "But one always hopes." Will she read the reviews? "Oh, God, no," she gasps. "What a terrifying thought."

No matter what the critics say, it's unlikely they'll complain that the book is incomplete. Kate has always been a stickler for details, and for decades she's been jotting down stories and notes in longhand on yellow legal pads. "I have files full of stuff I've written about that fascinates me," she says, adding in a conspiratorial hush, "Never let anyone see them."

Heaven knows, plenty of editors would give all the blue pencils in the world for a chance to publish Katharine Hepburn's memoirs. For more than a half century now, they've dangled millions of dollars under her disdainfully upturned nose in vain attempts to get her to write her autobiography. But although *The Making of "The African Queen"* recounts some of her colorful experiences filming the award-winning movie in 1951, she insists she's still not interested in writing her memoirs. "Eight million people have been after me to do my life story," she admits, with only a modicum of exaggeration. "That doesn't intrigue me at all, and if it doesn't interest me to write, it wouldn't interest anyone to read. Life is tough enough, and I figure if you just live through it, you oughtn't have to write about it, too!" she says with a laugh.

Kate's laugh is a deliciously resonant sound that could charm the birds out of the trees—or, as is the case now, startle a flock of seagulls into panicky flight. If life has been tough on Katharine Hepburn, you sure can't tell by looking at her. Her figure is as trim as ever, engulfed in loose white slacks, red ankle socks, sturdy flat-heeled shoes and a black turtleneck sweatshirt—a man's model, size 42. "I have always worn men's shirts and pajamas, size forty-two or forty-four, because my arms are as long as a six-foot-four-inch fella's," she says. "Now I see young girls are doing it. So fashion is catching up with me."

Unique style

Kate is still handsome. Her pale blue eyes match the water that laps against the shore of Long Island Sound, only twenty feet from her back door. The actress's hair, once auburn and coiffed by Hollywood's best stylists, is a distinguished salt-and-pepper now, baby-fine "and straight as a string," she says. She washes and sets it herself in what she calls wig rollers. "You roll newspapers tightly in whatever size roll you want, and the secret is that the paper absorbs the water so your hair dries faster."

Despite her healthy appearance, Kate admits she isn't as strong as she used to be. Nonetheless, she refuses to complain. Only when pressed does she admit to being in much pain, and even then she makes light of it. "It's only common sense to realize the machinery gradually breaks down, especially when you've overexercised tremendously all your life, as I have," she says. "Thank God I was brought up never to moan. One's health is such a boring subject."

In fact, Kate is quick to deny reports she suffers from Parkinson's disease; instead she blames her shakiness on a "familial tremor" and refuses to take medication for it. Nonetheless, she is willing to admit that her body is "a rather unreliable object. My right hip is a fake [the result of surgery for bone degeneration a decade ago], I've had two rotary-cuff operations on my shoulder because of a tennis injury, I destroyed my right ankle in a stupid car crash, and I have arthritis." Asked where she hurts, she responds casually: "Everywhere." But, she adds immediately, "look, there are pains you can stand and pains you can't, and I can stand mine."

The discomfort most difficult to ignore came from the car accident, in December 1982, when Kate, momentarily distracted, drove into a telephone pole on a country road near Fenwick. "It was a terrible ankle break, bones sticking out on both sides," she says of the accident. "For a while, the doctors thought they'd have to amputate my right leg. I said, 'Well, do the best you can to save it,' and they did." Nonetheless, Kate concedes that her ankle still hurts and is unlikely to improve. "In fact, if one follows one's knowledge of life, one assumes it will probably get worse," she says wryly.

While recuperating from the accident, Kate began writing. Immobilized in a cast for nearly a year, she needed something to keep her occupied while her acting future seemed uncertain. And she was bored with reading all the depressing scripts she was sent. "When you're my age," she points out, "it's very difficult to find material that isn't melancholic. I read literally hundreds of scripts, but I refuse to do movies where I'm sitting in an old people's home, wanting to get out. So frightfully dull!"

In contrast, Kate found writing to be quite exciting, though she initially had no intention of publishing anything. But in 1984, she read some of what she had written to a friend, who was so excited, she spoke to Robert Gottlieb, then the editor-in-chief of Knopf, and now editor of *The New Yorker* magazine. Gottlieb convinced Kate to finish the book and let him publish it. Once she had the commitment, though, the fledgling author was faced with a new obstacle: writer's block. "I'd write something totally fascinating one day, read it the next day and think, Good night, nurse, did I write this mess?"

But once she got over writer's block, Kate says she loved working on *The Making of "The African Queen"* almost as much as she loved making the movie. "I suppose it was because of the primitive location, so totally strange to me, that I had such a good time," she says. "I've always had an attraction to places that seem uncomfortable and dangerous, and still have. If I could find another film with an exotic location, I'd go in a minute."

Kate was surprised by how much she remembered from *(continued)*

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KATE HEPBURN
continued

her experiences in Africa with Humphrey Bogart and John Huston, whom she describes in the book as "those two jerks." "It was remarkable how it all came back so clearly, because I have a terrible memory, and always have—I hope I don't get Alzheimer's disease," she says. "Isn't it odd how the mind works? Spencer had an incredible memory," she continues, referring to Spencer Tracy, her close companion of twenty-six years, who died in 1967. "Spence could see someone he hadn't laid eyes on for thirty years, walk right up to him and say, 'Hi, George, how have you been?' "

Kate drops Tracy's name into conversations casually and often, almost as though he were still a part of her life. But get too close in the questioning about Spencer and the actress withdraws, verbally bringing down the curtain. "I talk only about Spencer as an actor," she insists, "not as part of anything to do with me personally." Yet even asking about his acting makes her cautious. "Most actors who've played as many roles together as we did talk about acting. Spence and I never even rehearsed a scene together before we filmed it, and we never discussed acting." What *did* they talk about, then? "Oh, come on, dear," Kate says gently but firmly. "Let's not go into that."

Zest for living

Fortunately, it is about time for lunch, which is brought out to the porch by Phyllis Wilbourn, Kate's secretary-companion of thirty years. Kate digs into her cold beet-and-dill soup, tossed salad, and thin slices of beef, cheese and liverwurst on thick slabs of buttery, toasted raisin bread. "I like to eat," says Kate, attacking the food with gusto. She likes almost all foods and admits she is possessed by the "ice cream wickeds," and that she used to bake sinfully delicious brownies. She rarely cooks now, though. At Fenwick, where she spends winter weekends and most of the summer, the ovens are tended by Phyllis and a young chauffeur named Hilly. (At Kate's Manhattan home, a four-story townhouse she bought fifty years ago, Phyllis and Hilly are abetted in the kitchen by Norah, Kate's housekeeper of fifteen years.) "I'm surrounded by good cooks, so I just stand back and criticize and do the most menial tasks," Kate says. "I'm the dishwasher, dryer, putter-awayer. We all work like slaves to keep this place going."

And what a place it is! Rising like a castle on a five-acre promontory, Fenwick looks out on the water and pine trees. Every room is wood paneled. While Hepburn's city house is cozily sophisticated—an eclectic blend of antiques and artworks—Fenwick has the cluttered informality of great vacation homes that have sheltered generations of big, boisterous families. From the floor to the vaulted ceilings, the walls are filled with a wild assortment of pictures, treasures from family travels, old wood sleds with rusted runners, once-cherished hats, skis, ice skates, fishing poles. "Junk!" Kate moans as she leads the way into the living room. "I'm surrounded by junk!"

Some of the most impressive wall hangings—her own paintings—are not junk at all, though Kate refuses to believe that. She has been a painter since the thirties, creating hundreds of delightful watercolors and oils, but she's never considered showing or selling them. "My little doodads?" she scoffs. "They're not good enough." A psychiatrist would have a field day analyzing Kate's criticism of her own abilities—including her acting, which she calls a "minor talent." Even after her record-breaking four Academy Awards, forty-five films and countless theater roles, appearing onstage remains sheer torture. "I've always felt that I was on trial, and the audience

as out to lynch me," she says. She members especially her Broadway n in the musical *Coco* in the 1970s, which she had to sing. The reviews ere glowing, but Kate refused to read em. "I knew I couldn't sing worth a mn, and if I knew it, the audience rely knew it and was out to get me. I sit in my dressing room and wish I uld drop dead so I wouldn't have to on." Then one night there was a iracle of sorts. "I was up onstage, in e middle of a song, and all of a sud- n I thought, These people out there n't hate me because I sing like a og, they like me." Kate's husky voice ses a level and is almost childlike ith wonder. "I was terribly moved— jiminy crickets, they *liked* me. To el an audience could be silly enough appreciate me when I was doing mething I couldn't do at all—that as a thrill."

Katharine loves good-naturedly put- ng herself down, and takes every op- ortunity to make jokes at her own xpense—"a well-placed target, ouldn't you say?" In fact, she adds, When I think of myself at all, it's as a lly old slob. If I didn't have a good ense of humor, I wouldn't still be live to tell the tale!"

Laughing at death

As she grows older, Kate has devel- ped an affinity for black humor. On a our of Fenwick, she points to two eavy slabs of wood hanging above the ofa and admits that they're unusual bjets d'art, especially where they're ung. "Maybe they'll fall on my uests," she says with an ingratiating eer, "and kill them."

If some people are put off by her norbid sense of humor—particularly ouseguests sitting on her couch— Kate thinks that's their own fault. 'Americans have no sense of humor bout the inevitability of death," Kate ontends. She came to this under- standing after the failure of her most recent movie—*The Ultimate Solution of Grace Quigley*, a black comedy about dying. "Critics, particularly, seem un- able to laugh about death. I think they're afraid they're not going to be critics in the next world but will have to join the criticized."

Kate doesn't believe in a "next world" herself. "I am certainly not go- ing to waste my energies paving my way to a splendid reception up above— or down below, where I suppose I could be sent." The idea of going to heaven may be comforting to some, but not to Kate, who is agnostic and says she will be "very disappointed if I don't just turn to dust. Nobody knows what happens after we die, in my humble opinion."

Whether Hepburn's *(continued)*



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KATE HEPBURN
continued

opinions are ever humble is open to question. "Well, people ask me all these pontifical questions, so I have to give pontifical answers, don't I?" she says lightly. "I'm sort of everybody's grandmother. I've built up this character who people find so wise." Kate is far less didactic than she used to be. Still, she has a moral streak a mile wide. She laments that people seem less honest than they used to be and cites the Iran-contra scandal as an example. "The truth really went out of style there, didn't it," she says. "They tossed out all the rules, and that always leads to a great mess. Can we continue to maintain our civilization with a total disregard for the truth? I don't think so."

The daughter of a surgeon, Kate is also irritated at the rise in medical malpractice suits in this country. "We're living in strange times when doctors practically go bankrupt buying insurance to protect themselves against suits," she says firmly. "Lawyers and insurance companies and patients are all stirring up trouble—we've gotten crooked as a nation. If my doctor had failed in saving my leg after my car accident, would I have sued? Of course not," Kate snaps. "I wouldn't sue him, even if he was wrong, because he is a human being, and human beings do the best they can, but we all make mistakes."

These days, Kate's greatest concern is about another medical dilemma that threatens society and has already claimed the lives of many of her friends—AIDS. "It's terribly, terribly frightening, and there's not a damn thing we can do about it," she says of the devastating disease. "I feel helpless when I visit friends in the hospital who are dying from AIDS, and there are a lot of them. At my age, death is lovely, the big sleep. But these are young people. How do you comfort them, what do you say to them, when there is no hope and no cure?" Although she has long been a strong moral voice, speaking out against sexual promiscuity and drugs, she hasn't much heart for criticizing when it comes to something as devastating as AIDS. "It's too late for that now. How are you going to control the behavior of huge masses of people in the grip of their most violent sexual powers? Can you suddenly say, 'No more of that'?" Kate shakes her head. "It's not like saying don't eat sugar. Sex is too strong an urge."

Kate doesn't name friends who have died of AIDS, but she readily admits to having few close friends in general. "I don't think you meet many people you want to be very close to, do you? Sometimes, I'll meet someone and there's a chemistry and I think, Oh, I'd like to get to know you better." But often, she admits, her built-in reserve makes that difficult. "Most girls meet someone new and think, Oh, I hope he asks me out to dinner!" she says. "I meet new people and think, Oh, I hope they *don't* ask me." And when she does socialize, she's likely to go out with women friends. "I'm rather glad I was born a woman," she says. "I think women are nicer, don't you?"

With her warm personality, friends say, Kate is indeed good company and a good friend. But don't tell her that—it sounds too much like a compliment. "I have only two sides," she insists modestly. "Either I'm interesting, or I'm a bore!" And with that, she lets out a hearty laugh that again sends the startled seagulls flapping for cover. Katharine Hepburn may be many things, but she is *never* a bore! **End**

Exclusive for *Journal* readers! Next month, read a fascinating excerpt from Katharine Hepburn's book, *The Making of "The African Queen."*

I A WOMAN TODAY

continued from page 22

nyone to think of me in that way. I was disappointed with myself. Why 'as I having trouble juggling my ca-eer with marriage and motherhood 'hen other women seemed to do it so uccessfully?

In the beginning, it was better. /hen I was pregnant with Maren, I lanned to go back to the newspaper, nd I was happy with that thought. I njoyed maternity leave with my new aughter. I had some doubts when it 'as time to return to work, but Maren 'as sleeping through the night, and I 'as ready to get back to my job.

It took time to adjust, but Mark and developed a routine—and it worked. fy mother volunteered to baby-sit laren so I could head to the office ithout worrying about her.

In the morning, Mark dressed laren and took her to my mother's ouse. I picked her up at night. On eekends, Mark and I shared the ousework. We didn't go out as fre-uently as before, but we enjoyed our me at home together.

Maren was fifteen months old when became pregnant again. I decided to ontinue working after the birth of my econd child, since Mark and I had anaged so well with Maren.

Melinda was born healthy and unde-anding—such a blessing. When she vas ten weeks old, I returned to work.

But this time I was exhausted. /laren was in the grip of the Terrible 'wos and had trouble adjusting to her ew sister. She didn't want me to go to vork—she was used to having me at ome. Toilet training was a disaster.

Mark had a new job with less flexi-le hours. He helped dress the girls in he morning, but I took them to my nother's house, adding a half hour to ny driving time. Then I picked them p in the evenings because he worked ater than I did.

On weekends, we played with the girls—when we weren't cleaning, hopping and doing the laundry. Tak-ng care of two babies took quadruple he time and effort of caring for one. Nights out alone were rare. When we lid go out, I felt guilty about not spending time with my daughters.

At the office, I was determined not o let my performance suffer. Working at a daily newspaper had been my goal since I was a freshman in college, and the job was still fun. But the daily deadlines and the pressure drained my energy. I maintained my standards, though it took a toll on my health. My blood pressure was above normal; I was physically exhausted.

At home, I felt that *(continued)*



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A WOMAN TODAY
continued

my so-called quality time was divided in too many ways. I knew that my family's quality of life couldn't improve until I took action. But how would I fare as a full-time mother?

Instead of trying to imagine life as a housewife, I thought about what life would be like if I didn't rush to the office every morning and rush home at night too exhausted to think.

I imagined my daughters awakening on their own rather than being dragged out of bed, stuffed into clothes and hauled out to a cold car. I thought about having midday playtime to enjoy a tea party with Play Doh cookies and snuggling with the girls at naptime to read *Katy the Kitten* once more. And I thought about what it would be like to relax with Mark. Our hectic life left little time for real talk.

I spent months trying to make a move. It sounds strange, but I needed help to quit my job. People who are job hunting or changing careers can look to job counselors, employment services and how-to books for help. But career women who quit their jobs to be full-time mothers are on their own.

Experts say that many women work because their families need a second income as well as for the improved self-image a job gives them. If I quit my job, I would have to be more careful about spending money. Mark and I aren't extravagant, but we do treat ourselves from time to time to dinner and nice vacations. And saving for the future would be tougher. Still, we could live on Mark's salary.

Mark helped me work through my indecision. We talked about my conflicting feelings, and he said he'd support whatever choice I made. I a talked to other women who had stopp working to stay home. They und stood my dilemma, and that helped.

Finally, I forced myself to think what was most important to me: husband, my daughters—and mysel

Slowly, I accepted that the career worked so hard for was only a job. A I wasn't quitting forever. Leaving t work force for a few years would erase my education and experience.

I also realized that giving up my j seemed so frightening and unsettli because I hadn't set goals for myself needed something to strive for, s decided to go back to school part-ti and work toward an M.B.A.

I also knew that after I left my job would still want to write, so I dev oped some contacts who were intere ed in hiring me on a free-lance bas

Sometimes I have doubts. On t day I was cleaning out my desk at t office, I received an invitation to spe at a seminar. It hurt to miss the oppo tunity. And when I hear about a su cessful colleague, I wonder if I ma the right choice.

But not a day passes that I do appreciate the improved quality of m life. My blood pressure is normal f the first time in years. I'm much mo relaxed. The girls and I have fun t gether. I take them shopping and the zoo. They take me anywhere the imaginations lead.

A few weeks ago, Mark and I we out on a "date"—dinner and a mov on Saturday night. The girls spent t weekend with his parents. We were our own—just the two of us.

We talked. We laughed. We flirte We had fun because I didn't feel guilt about being away from the girls. A that fringe benefit is priceless. E

The stay-at-home-mom's survival guide

Tips to help you adjust—from women who've gone through it

- **Keep your perspective.** You aren't quitting *the* job, you're quitting *a* job. With your education and experience you can find a new job when you're ready.
- **Set goals for yourself.** Go back to school part-time, do volunteer work or learn to play the piano. But make sure you have time to enjoy your family, too.
- **Develop a routine.** Draw up a schedule for household chores and errands, and set aside time to spend exclusively with your children.
- **Form a play group with other mothers.** Your children will have fun playing with other kids, and you'll enjoy talking to other adults.
- **Maintain your professional ties.** Have lunch with your friends from the office, continue memberships in professional groups and subscribe to trade publications. If you decide to return to work, you'll feel ready.
- **Make some personal time.** Enroll your children in a nursery school or day-care program one or two afternoons a week and use the time to do something for yourself. Go out to lunch, read a book or take a walk.
- **Prepare for doubts.** There will be times when you'll think that you've made a mistake, when you'll miss your job. Deal with your doubts by reminding yourself that you're doing what's best for you and your family now.

STAMINA

continued from page 60

ight include a breakfast of a piece of uit and a bowl of cereal with skim ilk; or a bran muffin or whole grain ast with a half cup low-fat cottage eese or yogurt. Lunch: minestrone or ntil soup and whole grain bread or a an muffin or an English muffin, or a ndwich of whole grain bread with ree and a half ounces of lean meat urkey, chicken), lettuce and tomato. or dinner try pasta with a light toma- sauce and a salad, or have three and half ounces of poultry, fish or lean eat, vegetables steamed or lightly utéed in margarine or broth, and a ked potato. Dessert? Fresh fruit. Re- rict snacks to frozen fruit bars, rice kes, bread sticks, plain air-popped pcorn or fruit.

ink for stamina, too Ever notice how thargic and muscle-achy you become ter spending a hole day in a ghtly sealed office ilding? In such a y environment, ur body loses oisture through aporation.

Don't, however, y to combat de- ydration by drink- g coffee—it's a quid, but it's also diuretic, which eans it actually ushes water from our system, mak- g you even more ehydrated.

To counter the ef- cts of dehydra- on, Miller advises rinking water pe- iodically through- ut the day; eating n orange, canta- upe or banana, hich are high in otassium (long known to help regulate luid balance); or having a glass or two of arbonated water. The last is absorbed ven more quickly than plain water.

he sleep question Getting adequate est is crucial to maintaining stamina, ut that doesn't mean you need the tandard eight hours a night. The ody's need for sleep changes—during regnancy, for example, you may need nore, but as you age, you may need ess. It's important, then, to listen to our body's internal rhythms.

Everyone needs some prolonged rest during every twenty-four-hour period. But when it comes to building stami- a, the amount of sleep you get is not as important as setting regular times for going to bed and waking up. Researchers have discovered that a night's sleep consists of several ninety-minute cycles of both nonrapid and rapid eye movement (REM) phases. REM is the lighter sleep phase, and it's easier to wake up and feel refreshed during this cycle, because brain-wave frequency at this point closely resembles that of a waking state. However, getting up during non-REM sleep, when brain-wave activity is at a lull, will leave you groggy.

What all this means is that if you know you'll be getting less sleep than you normally do, and you don't want to lose stamina, set your alarm at multiples of ninety minutes (for a total sleep time, for example, of four and a half, six, or seven and a half hours) to catch the upswing of a REM phase. Another possibility, says Holly Atkinson, M.D., author of *Women and Fatigue* (Putnam's, 1986), is to make yourself get up at approximately the same time you normally do (varied slightly to adjust for REM), then take a thirty- to sixty-minute nap, preferably in the late afternoon, on days when you clearly haven't had enough sleep.

Stressing the point As everyone knows, stress is another stamina-robber. There are some lucky people, like my friend Maggie, who become energized rather than paralyzed by stress and just naturally do what needs to be done. Most of us, however, have to develop more positive attitudes in the face of overwhelming responsibilities.

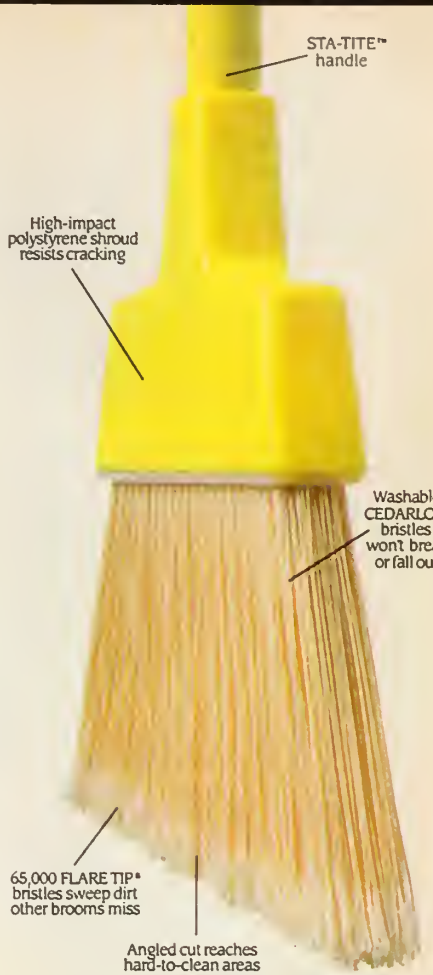
Of course, when you're stressed out, you're often not sure what's triggering your problem. Keeping a diary might help. Once or twice a day, write down or tape record your feelings about what's bothering you, then review that list at the end of a week. Just voicing your concerns may be enough to decrease your level of stress, but you may also see some patterns developing.

Lisa, the mother of a two-year-old daughter, hadn't realized how much she missed the weekly painting class she had taken before her daughter was born. "But because I couldn't afford to hire a baby-sitter, I didn't think I had a choice. When I started *(continued)*

Stamina cocktail
from Peter Miller, Ph.D.



Mix two thirds glass orange juice with one third glass carbonated water. According to Miller, orange juice is high in potassium, which helps regulate the body's fluid balance, thus helping to increase stamina. And the carbonated water will help your body absorb the potassium faster



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STAMINA
continued

keeping my diary, I noticed how often I had commented about my art. I mentioned this to Julie, my neighbor down the block. That's when we worked out a plan: Julie watches Emily while I'm at art class, and I take her kids when she works out at the gym."

Mind over matter also goes a long way toward building stamina. When you're faced with a long, dull meeting, or the kids are cranky, and you don't think you'll ever make it to dinnertime, try these two strategies from Shakti Gawain, a writer who leads workshops on creativity and is the author of *Creative Visualization* (Whatever Publishing, 1978): First, close your eyes and visualize yourself handling the situation with energy and enthusiasm (if you're at work, shut your office door or go the ladies' room for a few minutes). The point is to create a mental picture of yourself forging through that meeting, comforting your child or whipping through the housework.

You could also take a few minutes to simply daydream about something pleasant: having a romantic dinner with your husband; going for a long walk in the woods. Daydreams increase the variety of experiences you have during the day; and if you feel better about your life, you'll have more energy to go out and live it.

Be your own cheering section Finally, to have stamina, it's crucial to have a positive self-image. You get that by doing something you enjoy and are good at—whether it's a job, taking care of your children or your home, or playing a sport. Says Marion, forty-six, a fourth-grade teacher, "My days are long, and at times I'm truly exhausted, but I've got the stamina to get through because I love my job. I feed off those kids."

"Don't minimize the importance of support from others," says Michael Aronoff. "Athletes depend on the cheers of the fans to increase their stamina. They keep performing their best, though their bodies are ready to quit. We all need to know that someone is rooting for us."

It can be exhausting to work completely on your own, so whenever possible, join forces. If a project at work is overwhelming, don't be afraid to ask for assistance. When juggling job and home responsibilities becomes too much, ask a relative or friend to help.

"You can be your own cheering section, too," adds Aronoff. Be proud that you've decided to go for it. While there's no magic formula for building stamina, by exercising, eating properly and pacing yourself, you'll be taking the first—energetic—step. **End**

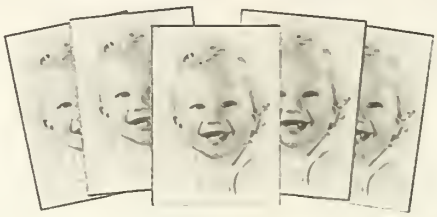
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By Ann Pogatsias

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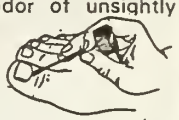
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A Word of Comfort for Sensitive Ears



by Janet Matthews

Two years ago I gave up on pierced earrings. Every time I wore them, my earlobes swelled and got sore. Fashion wasn't worth the pain.

Then something happened.

I responded to a mail order advertisement for a free pair of earrings made especially for sensitive ears. To my surprise, these earrings really worked: all soreness, itching, and flaking disappeared.

Still skeptical, I did a little research. Here's what I learned:

The pain I'd felt is called *contact dermatitis* — an allergic reaction responsible for the symptoms that make most earrings so uncomfortable for about half of us who wear them. I was surprised to learn that it's triggered by the common alloys and solders used in every pair of earrings I owned — even the expensive 14K gold ones!

The solution, explained to me by Roman Research spokeswoman Marjorie Stone, is a unique process using an alloy-free combination of pure, 24-karat gold and surgical stainless steel. The result is irritation-free and guaranteed hypo-allergenic.

I visited Roman Research and saw how modern medical standards were applied in making these earrings. I also saw *thousands* of letters of thanks to Ms. Stone from women all across America. Let me quote just two:

"Before Whispers came along, my ears would get seriously infected by even the most expensive earrings. I work for a doctor, and even he was amazed."

Here's another:

"I had my ears pierced about 15 years ago, and I have never been able to wear any kind of earrings, even clips, without getting a reaction .... Now I can, and I really can't believe it!"

What I had experienced is a very common problem!

Ms. Stone said that because of the fantastic response to Simply Whispers (more than 300,000 women tried them last year), the company now offers a "Lifetime Guarantee Against Discomfort" on hundreds of beautiful earrings — classic styles, seasonal colors, and children's styles, priced from just $5.98 in its new color catalog.

To prove it, Whispers gives a *free* pair of trial earrings ($9.98 retail value) with every catalog request.

Beauty *doesn't* have to hurt. If you'd like to end earring discomfort forever, I urge you to write to Simply Whispers. I did, and now I can wear the styles my friends do *but with complete safety and comfort.*

For a color catalog and free trial earrings, send your name and address with $1.00 for postage and handling to: *Simply Whispers, Roman Research Marketing, Dept. 2238, 77 Accord Park Drive, Norwell, MA 02061.*

LAST LAUGHS

FOR BETTER OR FOR WORSE **By Lynn Johnston**



From the 1988 FOR BETTER OR FOR WORSE CALENDAR, by Lynn Johnston. Copyright © 1987 Universal Press Syndicate, published by Andrews, McMeel & Parker. Reprinted by permission.

Out of the mouths of babes

The rainy afternoon, I commented that it was raining cats and dogs. My four-year-old daughter Elisha promptly left the room and returned wearing her raincoat and boots. When I asked her where she was going, she replied, "Out to catch a puppy!"

—M.R. Procenti, New Lenox, FL

My teenage son was asked how he liked having his father in charge of the household. After a moment's hesitation, he replied, "When Mother took care of us, it was 'Pick up your room.' Now that Dad's at home, it's a lot better. He says, 'Close the door'!"

—Gloria Boudreau, South Hadley, MA

I took my three-year-old boy to the store to buy a birthday card. While looking through the cards, he said, "Momma, try to find one with two dollars in it like Grandma sends me."

—Ima C. Smith, Richmond, VA

LAUGH LINES

Allaw me ta put the record straight. I am 46 and have been far same years past. ***—Erica Jong***

When asked which af the Gabar wamen was the aldest: Yau'll never get her ta admit it, but actually it's Mama. ***—Zsa Zsa Gabor***

A thin waman will get wrinkles saaner than a fat ane. Sa the chaice is, "Shall I chaase face or figure?" My advice has always been—have a lavely face and sit dawn. ***—Barbara Cartland***

Explaining why she na langer participates in exercise: I'm at an age when my back gaes aut mare than I da. ***—Phyllis Diller***

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SONG TO COBBLER

I am a fan
Of pineapple flan,
And I have some use
For chocolate mousse,
And I can consume
Some *babas au rhum*,
And I'm a proponent
Of a good jelly donent.

But I am a *gobbler*
Of blackberry cobbler.

—Roy Blount, Jr.

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EDITOR'S JOURNAL

By Myrna Blyth

Now, I don't want to boast, but I have to ask you frankly what other magazine has, all in one issue, an interview with Elizabeth Taylor, an interview with Margaret Thatcher, an interview with Dolly Parton, an excerpt from Kate Hepburn's wonderful best-seller—plus a short story by comedian Milton Berle and a chat with TV's favorite weatherman, *Today*'s Willard Scott? And that's just part of this month's celebrity coverage!



Megastar Elizabeth Taylor; Michael Horowitz, VP, Parfums International; and Editor-in-Chief Myrna Blyth

When I was setting up the interview with Elizabeth Taylor, her charming publicist, Chen Sam told me that Elizabeth had especially wanted me to conduct the interview. How could I refuse? talked with Liz Taylor twice. The first time, while we were sipping tea, she stopped suddenly and said, "Oh, dear, I left my ring on the sink." Gulp! The stone in question was the colossal Krupp diamond. Someone called and checked. The diamond was where it was supposed to be, and we went back to nibbling our tea sandwiches. (Yes, Elizabeth still eats!) She told me about her other famous jewels and lots, lots more. See page 150.

The story *behind* the story

While I was interviewing Taylor in New York, Executive Editor Jan Goodwin was speaking with Prime Minister Margaret Thatcher in London. The interview accompanies our precedent-setting survey on the world's most important women. (Mrs. Thatcher is, not unexpectedly, the top choice.) When we called Mrs. Thatcher to ask for an interview, her staff was scheduling appointments eight months in advance, but she made time to see the *Journal*. Jan said that the most harrowing part of the interview turned out to be getting there on time. London was totally tied up in traffic, and not one but two taxis failed to arrive. But Jan finally reached 10 Downing Street, and the results of her talk and our survey can be found on page 133.

What else is in this super issue? Plenty! A wonderful handbook on beauty first aid (page 154), glorious recipes for easy entertaining (page 152), a masterful decorating makeover (page 142), a fashion feature that tells how to dress for interview success (page 138) and important children's health information (page 82)—plus other fascinating features. A truly bountiful issue. Happy Thanksgiving!



Great Britain's Prime Minister Margaret Thatcher interviewed by Executive Editor Jan Goodwin

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LADIES' HOME Journal®

VOL. CIV NO. 11 NOVEMBER 1987

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Eliot Elisofon/Life Magazine

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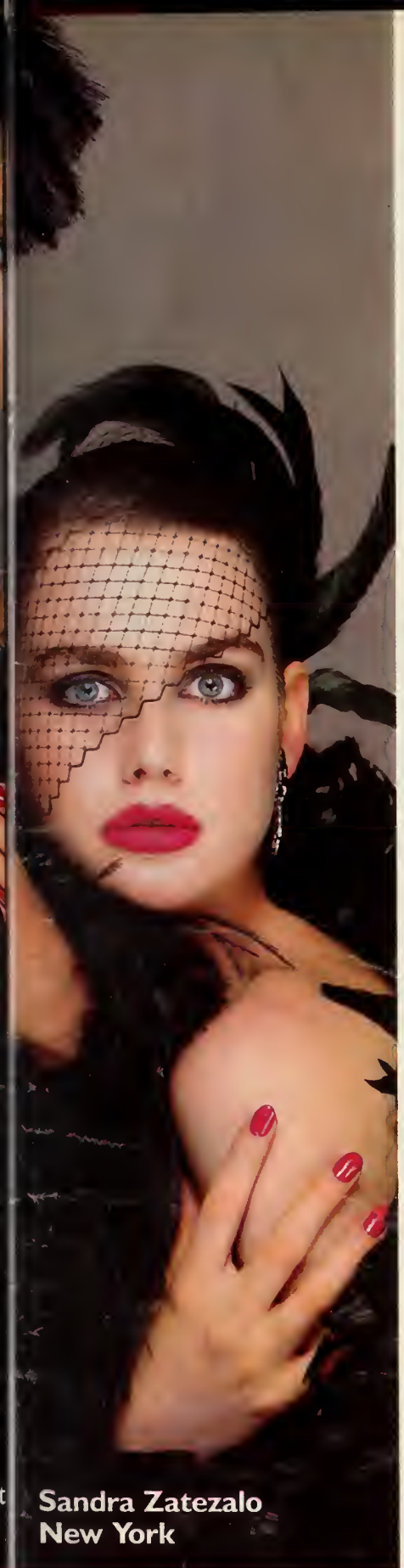
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My husband is irresponsible

By Laurie Werner



Ardith Truhan

This case is based on interviews and information from the files of Mary Kaplan, M.S., a therapist in private practice in New York City. The story is true, though names and other details have been changed to conceal identities.

Jane's turn

"I'VE HAD IT," SAID JANE, THIRTY-four, a slim, hazel-eyed blond. "It's bad enough that Billy won't take any responsibility in our marriage—I've done it all, from organizing our wedding to paying our bills—but now he seems bent on destroying us outright. He's been gambling obsessively. When I confront him about it, he denies it or acts contrite and swears he'll never do it again.

"If I could only get him to talk, maybe that would help. But in the four years we've been married, Billy has pulled back from me gradually; over the last year, he's withdrawn completely. We hardly ever talk.

Jane wanted to trust Bill, but he was destroying their lives. How could she live with a man who always lied?

"What's happened to the dazzling man I used to know? Believe me, he was thoroughly dazzling. Part of it, I have to admit, was his looks. Billy's gorgeous—dark and handsome with piercing blue eyes and a terrific body.

"As I got to know him, though, I discovered he was also charming, bright and sensitive. He used to call during the day just to say he loved me.

"We seemed fated to be together. I know that sounds corny, but after our first meeting—in the laundry room of the building where we both lived—I ran into him wherever I went. Both of us had just ended relationships, and professionally we both were, well, aspiring. Billy was managing a trendy new restaurant while he figured out what he wanted to do with his life. I was the administrative assistant to a clothing designer. We talked a lot about our career goals and gave each other encouragement and strength.

"Not long after our first date, I asked Billy to move in. He had been sharing an apartment with his brother Jack; it was too small for the two of them, so he said yes right away.

"I was delighted—I wanted to get him away from his brother. Jack is loud and coarse, and he drinks too much. He's a bad influence on Billy.

"Of course, Billy denies that, though he admits he looks up to Jack. Maybe it's because the rest of his family life has been so awful. Billy's mother left when he was very young, and his father is so remote he barely exists. Jack is the only person who ever paid any attention to Billy.

"But he's also the one who started Billy's gambling. He'd drag Billy to a betting parlor or to a low-life poker game. Billy would call me at midnight to say he'd be right home and invariably wouldn't turn up until morning. I'd be worried sick that something had happened. Then, when I found out he had lost all his money, we'd get into a huge fight.

"The rest of the time our relationship was great. Billy was still the same man I *(continued on page 16)*


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CAN THIS MARRIAGE BE SAVED?

had fallen in love with. And after six months of living together, we decided to get married.

"My parents, who live in Oregon, were not thrilled. My father was a top civil engineer when I was born, and he had drilled into me that I was to marry a professional. They were less than delighted with my choice. However, when my parents met Billy, they were won over.

"My father, in particular, took to Billy right away, probably because they are very much alike. Dad is a recovering alcoholic; drinking ruined his career. Sometimes he wasn't working at all, and Mother would have to get a job as an office temp so we could eat. It was humiliating. We were upper-middle class when I was ten. But by the time I was sixteen, we could barely make ends meet.



Ardith Truhan

"I know I shouldn't let myself be talked into things so easily, but I just can't help it."

"Needless to say, our home life was miserable. My parents fought all the time, and I had to break them up. After a while, I sort of took charge of everything.

"I'm glad I did, though, because I knew what to do when it became clear that Billy wasn't going to get his act together. We had agreed that we would put all our energies into our careers; I fulfilled my promise. After we married, I started taking illustration classes at night. After I worked hard for two years, my boss offered me a spot as an assistant designer.

"But Billy kept making excuses instead of looking for a better job. When I realized he was never going to, I started looking for possibilities for him. I pored through college catalogs, and a few of my friends gave Billy suggestions. At the time, he seemed appreciative and even signed up for a few courses, but he eventually stopped going.

"Meanwhile, Billy lost his job when the restaurant closed. He took another moving furniture. I thought it was beneath him, and after a few months, so did he. He started to skip work. Amazingly, he never got fired, but of course, he didn't get paid for those missed days. Our cash flow became very tight.

"I was sure he was gambling, but I didn't know what to do. So I decided that if we were going to have any money, Billy had to hand over his check to me each week.

"Even that didn't work. One day I noticed a page was missing from the bank statement. I didn't think about it—until the balance started going down. Then I became suspicious, but I still didn't say anything.

"A few weeks later, though, while walking home from the market, I passed a betting parlor. There was Billy, at the window. We fought all night about that, and he agreed to go to Gamblers Anonymous. I assumed he'd keep his promise.

"Well, he didn't. Two weeks ago, I looked in my jewelry box for a necklace—a family heirloom—and it was gone. In fact, all my jewelry was gone. When Billy refused to call the police, I knew, and he finally admitted, that he had sold my jewelry to pay his debts.

"Billy is hopeless. Will I ever be able to trust him again?"

Bill's turn

"Yes, I took Jane's jewelry. I took the money from our bank account, and I have been gambling. Everything I've done is wrong . . . and no one could feel worse than I do," said Bill, thirty-two, a handsome but ashen-faced young man.

"I love Jane. I knew as soon as I met her that she was the woman for me—bright, strong, determined. She demands a lot from herself, and she demanded a lot from me. No one ever cared enough to do that.

"My mother left when I was five—and I never heard from her again. You can't imagine how that still hurts. After she left, my father handed my brother and me over to my grandmother.

"My father couldn't be bothered. He'd come home from work, eat dinner and turn on the TV without saying a word to us. Even when Jack and I got into trouble at school—cutting classes or fighting on the playground—he never made a single comment about anything.

"At the time, it all seemed okay. What kid wants to be yelled at? Even now, I hate loud confrontations. That's why I lied so often to Jane. She yells her head off; I can't stand it.

"Take those poker games, for instance. I always intended to leave, but then someone would say, 'One more round.' Before I knew it, it was morning, and I'd lost all my money. All right, I know I shouldn't let myself be talked into things so easily, but I can't help it. Jane may not want to admit it, but I've gone along with plenty of things she's wanted, too. She made it seem as if I wanted certain things and then reneged on the deal. The truth is, Jane wanted a house and a respectable middle-class profession and lifestyle. I agreed. Why not? It sounded good.

"But there were problems. For example, she didn't just want a house. Jane had to have a big, fancy house—I had to have a well-paying career to provide this. I probably would have found one, too, given time and freedom. But she kept suggesting I do this or that. All her friends put in their two cents, too.

"I did try going back to school, but it was hard for me. After I screwed up on the first few tests, I was so embarrassed I stopped going. I knew Jane would be furious, so I didn't tell her.

"Around this time I started gambling seriously. Before we were married, I'd played the horses, but it wasn't a habit. So when Jane asked me to stop, I really did.

"After the wedding, everything changed. I had to become someone who could support her grand goals. In the beginning, I won a lot.

"Soon enough, though, my whole life became a mess. After I left the restaurant, I took a boring job with a moving company. The manager and I didn't get along. That's why I started skipping work. I couldn't admit to Jane what I was doing. So I told her my paycheck was short.

"She's wrong, by the way, about my resenting it when she told me to hand over my paycheck. I knew why she was doing it. But I really panicked. It left me no money at all for gambling; by then I badly needed to gamble. My solution was to borrow from the savings account. When I won, I put it back. I had to take the bank

(continued)

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Honey,
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Heat oven to 450°.

1-3/4 cups Bisquick® baking mix
1/2 cup yellow cornmeal
1/2 cup milk
2 tbsp. honey

Honey.

MIX all ingredients until dough forms; beat 30 seconds.

TURN dough onto surface dusted with baking mix; gently roll in baking mix to coat. Shape into ball; knead 10 times. Roll 1/2" thick. Cut with 2" cutter dipped in baking mix.

BAKE on ungreased cookie sheet until golden brown, 8 to 10 minutes. Serve with additional honey or Honey Butter (below). 12 biscuits.

Honey Butter: Beat 1/2 cup margarine or butter, softened, 1/4 cup honey and, if desired, 1/2 tsp. grated orange peel until fluffy.

Honey-Cornmeal Drop Biscuits: After beating, drop dough by rounded spoonfuls onto ungreased cookie sheet. Bake until golden brown, 10 to 12 minutes.

High Altitude: Heat oven to 475°.

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CAN THIS MARRIAGE
continued

statement so Jane wouldn't know what I'd done, but I felt so guilty about it, I couldn't face her. That's the real reason I stopped talking and wanting to be close to her.

"I see now that I was fooling myself by thinking that somehow things would work out. They only got worse. I started losing heavily. The day I took her jewelry I'd really hit bottom. I had just lost more than two thousand dollars, and I was desperate. I got it into my head that I'd make so much money, I'd buy her all new jewelry. . . .

"So it's true. I'm no good, and for Jane's sake, she should just go."

The counselor's turn

"Jane came to me first on her own, distraught and complaining about Bill," recalls the counselor. "I told her it was important for me to see her husband, too, so the next week, she brought him along.

"Finally, Bill agreed to talk. When I brought up the subject of his family, it was clear that the lack of parental guidance and discipline had left Bill feeling worthless, unloved; it also left him somewhat childish. As a result, he found it easy to follow the lead of others—like his brother or Jane—instead of making his own decisions.

"It was also the reason Bill found it so difficult to focus on what to do with his life. He hadn't wanted to coast along; in fact, he had cried out for guidance. The trouble at school, for instance, was his way of trying to get his father's attention and force him to be a parent. But such efforts consistently failed. When Bill met Jane, he was still looking for a parent.

"Jane was only too willing to assume the mothering role (to the point of calling him Billy though he preferred Bill). Her father's alcoholism and her mother's inability to deal with it had forced her, like many children of alcoholics, to become a caretaking adult as a child. She still prided herself on being able to manage everything.

"Though Jane denied it, she had actually encouraged Bill's childish behavior to make herself feel capable and secure; he, in turn, responded like a needy child. However, both were uncomfortable with these roles. Jane became punishing and controlling, demanding that Bill change jobs and go to school and Gamblers Anonymous—and railing at him when he failed. He, compliant on the surface but rebellious underneath, agreed, yet he failed to put in the necessary effort.

"Once both were aware of the underlying dynamics in their marriage, the were able to work on restructurin their roles. When I sensed that Bill fe better about himself and had begun t trust me, I suggested that he mee with a career counselor who could giv him aptitude tests and offer concret professional advice. The tests showe that Bill had well-developed graphi skills, traits that could be applied t jobs in graphic or product design. Thi prompted him to write to colleges o fering courses in those fields.

"Because Bill had been so lonel growing up, deprived of any feedbac about his behavior, I suggested he joi a counseling group of men and wome of different ages. Initially hesitant, h soon became very attached to the othe group members, and his self-confi dence rose. Not surprisingly, he bega to see less of his brother. When the did get together, he was able to dra the line between what he wanted to d and what his brother wanted.

"Bill also returned to Gambler Anonymous, where he learned how t organize his finances. One membe who owned his own marketing firm offered Bill a job in the art depart ment. Bill started with paste-ups an within a year had worked his way u to designing, which he loved.

"Meanwhile, Jane had been attend ing the GA partners' group, Gam Anon, to learn how she was encourag ing or, to use the group's term, 'en abling' his gambling. During one dra matic session, I asked Jane if sh might unconsciously want Bill t make up for the lack of materia things she had endured as a child. A first Jane said no, but minutes late she burst into tears. 'Yes, I don't wan people to feel sorry for me,' she sobbed

"Bill listened with tears in his eyes 'Jane, I want to give you what yo want,' he said, 'but I can't be your fa ther. I can only be myself.'

"That hit home. I reminded Jan that she had married a wonderful ma and that she should try to encourag him to develop his own ideas rathe than foist hers upon him. Over th next six months, she made a concerte effort to focus on the many ways Bil had changed. In doing so, she realize how much she loved him. When Bil decided to open his own design busi ness with two co-workers, Jane wa behind him one hundred percent.

"Bill, too, was so proud of hi achievement and his ability to ear enough money to support them that h said he felt no need to gamble.

"This couple stopped coming fo counseling after a year and a half. know they have forged a strong, last ing partnership based not only on lov but also on trust." **En**

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Swiss Vegetable Medley

(Ready To Bake In Just 5 Easy Minutes)

- 1 bag (16 oz.) frozen broccoli, carrots and cauliflower combination, thawed and drained
- 1 can (10¾ oz.) condensed cream of mushroom soup
- 1 cup (4 oz.) shredded Swiss cheese
- ⅓ cup sour cream
- ¼ teaspoon Durkee Ground Black Pepper
- 1 jar (4 oz.) chopped pimiento, drained (optional)
- 1 can (2.8 oz.) Durkee French Fried Onions

Combine vegetables, soup, *½ cup* cheese, sour cream, pepper, pimiento and *½ can* Durkee French Fried Onions. Pour into a 1-quart casserole. Bake, covered, at 350° for 30 minutes. Top with remaining cheese and onions; bake, uncovered, 5 minutes longer.
Preparation time: 5 minutes MAKES 6 servings.

MICROWAVE DIRECTIONS: Prepare as above. Cook, covered, on HIGH 8 minutes; turn halfway through. Top with remaining cheese and onions. Cook, uncovered, on HIGH 1 minute or until cheese melts.



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Mom, I want to have the baby

By M. Christine Funk

One Friday night in spring 1985, my fourteen-year-old daughter, Laurel, called me into her bedroom. "I have to talk to you, Mom," Laurel said.

"I think I'm pregnant," she told me.

My mouth went dry. I couldn't think of anything to say. My mind had gone totally blank. "I've missed two periods, but I have it all figured out," Laurel continued calmly. "I want to have an abortion."

I wanted to scream, but I tried to be calm. Perhaps it wasn't true—maybe she really wasn't pregnant. Don't panic, I told myself.

"I'll call the clinic tomorrow, and we'll get you a pregnancy test," I told Laurel. I got up and walked out of her room. I was just too stunned to say anything else.



Mike Steinberg/Black Star

The author with her daughter, Laurel, now seventeen

All night I tossed and turned. Laurel was my only child, my baby. I was divorced—a single parent—and she and I had always been very close. Until now. She hadn't told me—and I hadn't guessed—that she was sexually active. I had talked with her about sex and birth control, but I didn't think that she would need the information for a long time. She was so young!

The next morning I called the clinic to ask about a pregnancy test. A nurse suggested that we use a home pregnancy test before coming in. Laurel took the test that night; in the morning the results were positive.

Laurel and I had always chatted easily, but at this moment, neither of us knew what to say. We didn't talk at all. I felt numb, as if I were watching a movie and this was happening to someone else.

My daughter was only fourteen—and she was pregnant. How could she take care of a baby when she was just a child herself?

That afternoon, the anger hit me full force. How could she do this to us—how could Laurel have brought this kind of problem into our lives? I was very angry, but I was scared, too, for Laurel.

Later I told her how upset I was. "I don't understand how this could have happened," I said. "What about your future? What are we going to do?"

I assumed that the baby's father was a boy she had been seeing; Laurel confirmed my guess. He knew she was pregnant, and he had told his parents. They had not contacted us, and, wrong or right, I didn't want to involve them. I barely knew them, and besides, I felt that this was between Laurel and me. After all, her pregnancy really affected us.

I called the clinic again and scheduled an appointment. When we arrived, the driveway of the clinic was filled with pro-life supporters. They waved crosses and held dolls in their arms. "Baby killers!" they screamed at us as we drove through the gate. Laurel was frightened, but I was angry. Weren't we going through enough already?

Once we were safely inside, Laurel was given *(continued on page 28)*


Make a grand exit.
Look as good leaving as you did walking in. Use a little Final Net in the morning and your hairstyle will stay up even after the sun goes down.
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A WOMAN TODAY

continued from page 22

another pregnancy test and was calle in for counseling. After a few minute the door to the counseling roo opened, and Laurel was at my side. ' don't think abortion is right for me, she said quietly.

I stared at her in surprise. I hadn expected Laurel to make any other choic

Noting my reaction, a counselo quickly ushered us into a privat room, where she repeated Laurel decision.

"Do I have anything to say abou this?" I asked.

The counselor shook her head. Tha was the first of many times I was tol that in my state, the child, regardles of circumstances, had all the rights. had none. The decision whether t have the baby was Laurel's alone— though the financial responsibility fo raising the child was mine.

The counselor gave us a list of com munity agencies that could help us then she called a home for unwe mothers and made us an appointment On the trip to the home for unwe mothers I tried to reason with Laurel "It takes a lot of responsibility to car for a child," I told her. "You're s young. What are you going to do?"

Laurel only said that she knew sh couldn't have an abortion and that sh wanted to have the baby.

I felt like I was dying inside. I didn' want Laurel to have this baby. Sh was just too young.

There were also the financial responsi bilities. I made just enough money for th two of us—I couldn't afford to care for a baby. Besides, I thought, I don't want t spend the rest of my life raising a baby I've done that. And whether it's selfish o sensible, I should have some say abou something that affects *me*.

We drove the rest of the way in silence At the home, we were given a descriptio of the services provided, which include schooling and counseling.

Later, I called my ex-husband an my parents to tell them the news. We all tried talking to Laurel about th difficulties of motherhood at her age We pleaded, we cried and we screamed, all to no avail. Laurel re mained firm: She was going to have the baby. "It's the right thing for me," was all she'd say.

The next day, Laurel and I shared our feelings. We decided she would live at the home for unwed mothers until she had the baby. Our conflicting atti tudes would make it hard for us to live together. Her application for the home was processed; we were told she could move in in a month.

One night, about two *(continued)*

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IF YOU'RE NOT BRAVE ENOUGH TO WEAR THIS...

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And, unlike some ordinary bleaches which can make your clothes reek of chlorine, Borateem leaves your entire wash smelling as fresh as all outdoors.

All that from a simple, striped white box that sits on the supermarket shelf, right next to the ordinary bleaches.

The only bleach with borax.

Borateem BLEACH

weeks before Laurel planned to leav for the home, she came into my bed room. "Can I watch TV with you Mom?" she asked. She crawled int bed with me and soon fell asleep. snuggled close and kissed her. Ever night after that, she slept with me.

After Laurel moved into the home, missed her terribly. For the next fiv months I visited her regularly. Sh looked happy and seemed to be han dling the situation well. Each week watched her grow bigger and bigger.

But Laurel still hadn't made a deci sion about what she was going to d after the baby was born. Finally, whe she was about seven months pregnant one of her counselors called me to sa that my daughter was considerin adoption. I was certainly relieved and I hoped fervently that sh wouldn't change her mind. On ou next visit, Laurel showed me case his tories and pictures of couples wh wanted to adopt.

After weeks of consideration, Laure chose a couple she felt would provid her child with an education, freedom to pursue his own interests, and lots o love, family fun and togetherness.

I was thrilled with Laurel's decision and I told her so. But my happines turned to worry when I learned tha Laurel planned to hand the baby di rectly to the adoptive parents. Laurel's social worker told me that my daugh ter's choice was the most difficult way to give up a baby. But Laurel insisted She said she needed to meet the people who would raise her child.

As her due date grew closer, Laurel asked me to be her labor coach, and we attended childbirth classes together. It was a way to rebuild our closeness.

The call came at eleven-thirty on a Thursday night in November. Laurel had started labor at ten-thirty P.M. and had been taken to the hospital.

I drove there as calmly as I could. At the hospital, Laurel's labor progressed very quickly. At one-thirty A.M. she gave birth to a beautiful baby girl.

I held the baby, awed by her perfect face, her wisps of blond hair. My granddaughter, I thought, as she slept in my arms. Suddenly I was incredibly happy. Maybe we can keep her after all, I thought. As I held my granddaughter, anything seemed possible.

Laurel and I spent the next two days admiring the baby and trying not to think about the impending adoption. But on the third day the baby's adoptive parents were to arrive. Laurel had made them a scrapbook filled with family pictures and letters she had written to her *(continued on page 184)*

Gifts Under $25.



The Complete Workout™
Improve your cardiovascular system, tone your upper body, and strengthen your grip with *The Complete Workout.* Fitness technology at its best.



Little Buffer™
Put your best foot forward with *Little Buffer.* It's like having your shoes professionally shined. Plus it's easy to use. With a rotating head that polishes shoes to a lustrous finish, every time.

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Six great gifts for holiday gift giving. Each for under $25.00. Choose one or choose them all. Now available at better department stores everywhere.

SWANK



Short cut to style



Getting hair off the face was key for focusing attention on Lois's big eyes

Tohru Nakamura

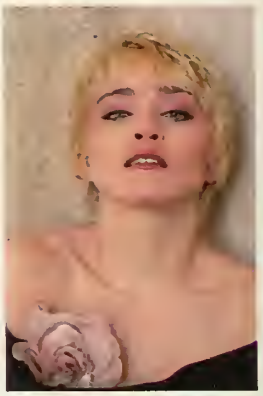
A truly striking makeover that proves the pretty possibilities of a chic layered do

For a high-energy woman like Lois, low-wattage looks simply dragged her down. Her beauty pluses? Strong, full brows; nicely defined chin and jawline; thick, wavy, healthy hair. Her beauty minuses? Styleless hair that overpowered her petite face, too-minimal makeup that detracted from her prize feature—huge, dazzling eyes. Lois wanted a casual, sporty beauty look that would work with the classic sweaters, skirts and trousers she prefers. We convinced her that a shorter hairstyle would be distinctive and would also make her five-foot-two figure appear taller. Her new layered cut is rounded to soften a wide jaw; tapered wisps frame eyes, ears, neck. We highlighted her eyes with smudgy gray pencil and shadow blended to brows. Great!

Hair by Jennifer Lawrence for La Coupe. Makeup by Rex. Details, page 162.

hair trends the looks that count

Topping off this season's shapely fashions are hairstyles that are softer, wavier, much more feminine than they've been in years. No more spiky dos or extreme overblown manes—the looks to have right now are classy waves or feline caps of tendrils, reminiscent of forties and fifties screen sirens. A close-up view:



Matthew Rolston/Outline

■ Short hair is still fashion-right, provided it's feminine and flirty, not boyishly shaved at the nape. Movement is toward the face; longer locks remain at crown. Using gel at the tips can emphasize peaks—bangs that end in points—around the face (à la Madonna). For another look, hair can also be sleeked back.

■ A bob is the best choice for medium-length hair—professional, modern and grown-up, it works well with all hair types. Today's bob, soft around the edges and round in shape, is achieved by snipping lengthy layers that create movement. Need more body? Try a partial perm on underlayers of hair.

■ Long hair is clearly the favorite look this year, but you won't see the stick-straight locks of the sixties—today's elongated styles are side-parted and sexy with romantic waves. Another new variation: sweeping, full bangs and graduated layers tapering around the face.



A MODERN BOB IS SIDE-PARTED, SOFT

■ To go longer yet maintain a businesslike image, keep hair just shy of the shoulders and trim frequently for stay-put polish. Control it with smart grosgrain or velvet bows. Remember to use conditioning products that help hair look shiny and healthy.

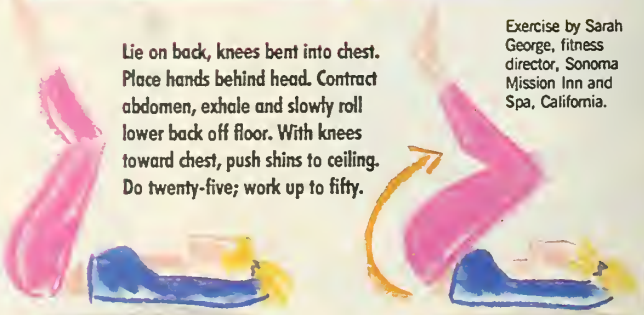


BELL-SHAPED CUT, VOLUME AT BOTTOM

Left: Hairstyle by Nubest & Co. Salon, Manhasset, NY. Right: Hairstyle by Pierre Michel, NYC.

midriff toner

Get your middle in shape for wide belts and high waists



Lie on back, knees bent into chest. Place hands behind head. Contract abdomen, exhale and slowly roll lower back off floor. With knees toward chest, push shins to ceiling. Do twenty-five; work up to fifty.

Exercise by Sarah George, fitness director, Sonoma Mission Inn and Spa, California.

David Croland

WOMAN GETS FACE LIFT AT HOME

Hello!
After seeing all the things Dove has done for the women in your TV commercials, I decided to try Dove instead of soap for myself!
Imagine how thrilled I was when Dove lovingly perked up my dry, tired stiff face – and made it soft and pliable.

Sincerely,
Helen Christopher



Dove® won't dry your face like soap. It contains ¼ moisturizing cream. Our thanks to Helen Christopher, Owings Mills, Md., for telling us what that means to her.

(Excerpted from original letter.)

1987 Lever Brothers



nail polish know-how

We've put our finger on it. . . enamels with the right stuff for your particular nail needs

Become o noil-polish pro with odvice on colors ond formulos from Neil Sconcorello, director of reseorch ond development ot Avon Color Cosmetics.

creams and frosts If you're looking for polish with high coveroge to disguise split or discolored noils, or you prefer o rich enomeled look, check polish lobel for titonium dioxide ond iron oxides, ingredients thot help determine the color intensity ond color coveroge of polish. The nearer these ingredients ore to the beginning of the ingredients list, the richer the color. We like Avon Ultro Touch Color Guord Noil Enomel in Coring Poppy. Hove lovely-looking honds ond noils? Show them off with frosts. Guonine (fish scoles), bismuth oxychloride (synthetic peorls) ond titonium-cooted mico ore the ingredients to seek if you wont on ultroshimmery polish. Try Clorion Pure Performance Noil Color, Color Group 1 (Frosts), in Sugor Plum.

long wearing Polishes with stoying power moy contoin nitrocellulose ond styrene ocrylic copolymer—two of the key ingredients thot moke color lost. Avoid enamels contoining formoldehyde. It may prevent chipping, but it con irritote noils. For o long-lived monicure, opply polish to clean, dry noils. Use o bose, o long-wearing polish ond o top coot; noils should stoy chip-free for seven doys. Further protect noils by reopplying top coot every other doy. Remember: Remove polish ofter o week ond skip o doy before polishing ogoin to let noils breathe. A good long-wearing choice: L'Oreal's 10-Day Formulo Noil Enomel in Almondine.

SMART BEAUTY SHOPPER

quick dry Never hove time to let noils dry thoroughly? Opt for o quick-drying formulo. Look for butyl ocetote ond ethylocetote omong the first ingredients on lobel copy. (A polish with toluene heading its ingredients list will be slow drying.) Fost-dry formulos should toke just ten minutes to dry. We like Revlon's Instont Noilcolor—in twenty-four cream ond frost shodes. Try Wildfire (cream) or Liloc Dosh (frost).

strengtheners Weok noils need speciol noil-bolstering polishes. A common hordening ingredient to look for is protein, such os kerotin. One choice pick: Moybelline's Long Wearing Noil Color with Glyoxol in Puttin' on the Glitz holiday colors. Noils olso become brittle ond froil from woter loss, so polishes contoining o moisturizer like vitomin E ore o good bet.

TRENDS

what's new in Europe

We've got the scoop on the top beauty trends across the Atlantic.

■ **The rage in London is multiuse make-up. Twist-up wands of creamy color in shades ranging from neutrals to brights are being used as lipstick, eyeshadow and blusher! Other top sellers are glide-on pencils to tint eyes, lips, brows, lashes. In the evening, British women go eighteenth-century romantic with pale lavender face powder, muted gray, mauve and taupe shadows, matte pink lips.**

■ **What's the word in Milan? The sixties beehive is back, teamed with big doe eyes and false eyelashes. At the other extreme is a medieval look. Many Milanese women are dipping up hair with tortoise pins and barrettes, then letting tendrils escape — a look inspired by the romantic fashions of hit Italian designer Romeo Gigli.**



Tohru Nakamura

■ **Chic French females are sporting red, red lipstick and minimal makeup! Paloma Picasso's single shade of crimson is the must-have color. Parisians are poking fun at status scarves and couture jewelry by piling on faux Chanel baubles and tying their hair up with Hermès look-alike scarves. The preferred fragrances are heady, sensual florals—very feminine tuberose and freesia scents. Stay tuned!**

Hair and makeup, Harie von Wijnberge, Zoli Illusions.

NEW PRODUCTS

Troubled by sensitive skin? Count on Cover Girl's Extremely Gentle Liquid Make-Up. It's fragrance-free and comes in seven shades.■ Have a one-night stand with Clairol's Pazazz Color Blast Styling Mousses and Gels. They come in four powy colors, wash out in one shampoo.■ Hide facial flaws with Maybelline's Moisture Whip Creme Concealer, a cinch to apply and blend.



Teach Your Old Hair New Tricks!

What do you want your hair to do? Well, NEW Ogilvie Styling Spritz can get your hair to do it. The trick is body. And there's no body that's better than our body. It's soft body. It's firm body. It's lift and control and hold body. It's make-it-do-what-you-want body. It's even shiny body.

It's Ogilvie Styling Spritz body! The only body your hair will ever need! (Everybody will ask you where you got it. Please tell them.)

How else can we help you be beautiful? With our wonderful shampoos and conditioners and hair treatments and other gorgeous stuff. That's how!

It's not what you've got, it's what you and Ogilvie do with it!











AN
EXCITING
BLEND
OF
CONTRASTS
LIKE
AMERICA
ITSELF.



Lady Stetson.


As alluring
as the emerald
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EMERAUDE
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Surround yourself in its mystery.

For people who like to smoke...

New LIGHTS



10 mg "tar," 0.7 mg nicotine av. per cigarette, by FTC method.

SURGEON GENERAL'S WARNING: Quitting Smoking Now Greatly Reduces Serious Risks to Your Health.

BOX

The new case for the best-tasting Lights.



BENSON & HEDGES

because quality matters.

EASY AS 1-2-3

Microwave Thanksgiving side dishes, top ideas for leftovers, new-style stuffings, and more



BROCCOLI AND ONIONS IN CREAM SAUCE

The sauce gets a flavor boost from cream cheese and Parmesan.

In 13x9-inch glass baking dish arrange 8 cups broccoli florets (from about two bunches) in a single layer. Add ½ cup water; cover with plastic wrap. Microwave on High 8 minutes. Let stand 3 minutes. Drain and set aside.

Meanwhile, place 2 cups frozen small whole onions in a glass bowl; cover with plastic wrap. Microwave on High 4 minutes. Set aside.

Place 3 tablespoons cornstarch in a deep 1½-quart glass bowl. Whisk in 3 cups milk. Add 2 tablespoons butter. Microwave on High 9 minutes, stirring every 3 minutes. Remove from oven. Stir in 1 package (3 oz.) cream cheese, ¼ cup grated Parmesan cheese, 1 teaspoon salt and ¼ teaspoon nutmeg until blended. Add onions with their juice.

Transfer broccoli to a microwaveproof serving dish. Pour on onions and white sauce; cover tightly with plastic wrap. Microwave on High 1 minute. Makes 8 to 10 servings.

MICROWAVE ARTICHOKES WITH TWO DIPS

Artichokes make an even more elegant appetizer when you serve your guests a choice of dips.

Lemon-Lime Butter Dip: In small bowl combine ½ cup melted butter, 2 tablespoons fresh lemon juice, 2 tablespoons fresh lime juice and 2 tablespoons chopped parsley; set aside.

Herbed-Mayonnaise Dip: In small bowl combine 1 cup mayonnaise, ⅔ cup chopped fresh chives, ¼ cup chopped parsley, 2 tablespoons fresh lemon juice, ½ teaspoon freshly ground pepper and a pinch salt; mix well and set aside.

Arrange 4 medium artichokes, trimmed, at least 1 inch apart in microwaveproof dish. Add ¼ cup water; cover tightly with plastic wrap. Microwave on High 20 minutes, rotating dish one-quarter turn halfway through. Let stand 5 minutes. Then repeat microwaving with 4 more artichokes. Makes 8 servings.

BRUSSELS SPROUTS WITH BACON

Thanksgiving is the perfect time to enjoy Brussels sprouts, which are so much a part of the harvesttime bounty.

Cut an X in the bottom of each of 4 pounds trimmed Brussels sprouts. Place in a 13x9-inch glass baking dish. Add ¼ cup water, cover tightly with plastic wrap. Microwave on High 8 minutes, stirring once halfway through. Let stand 3 minutes. Drain and set aside.

Place 4 slices bacon in a microwaveproof serving dish; top with a paper towel. Microwave 4 to 6 minutes, until cooked. With a fork, transfer bacon to another paper towel. Add Brussels sprouts to drippings in dish. Microwave on High 4 to 6 minutes, stirring halfway through, until tender. Add 1 tablespoon white wine vinegar and ½ teaspoon *each* salt and pepper; stir. Crumble bacon and sprinkle over Brussels sprouts. Makes 8 to 10 servings.



Thom DeSanto

Introducing Seven Easy Ways to Make a Chicken Fly.

#3 in a series from La Choy.®

Most chickens don't fly. Until now, they've had no reasons to.

Introducing seven new sauces from La Choy® that make cooking simple and give you incredible versatility as well. Whether you want to bake, stir-fry, glaze, barbecue, or dip, our new sauces really make it easy to get dinner off the ground.

And to show you how simple our sauces are to use, here are two basic recipes, one for chicken and one for beef. Once you've tried them, feel free to prepare them with any of our new sauces. Or be adventurous and experiment with a few ideas of your own.

Glazed Sweet & Sour Chicken

Place 2 to 2½ lbs. chicken pieces in a large baking pan at 425°F for 20 minutes Reduce heat to 350°F and bake 15 minutes longer. Drain fat, then coat thoroughly with our Original Sweet & Sour Sauce. Bake 20 minutes longer. This recipe also tastes delicious with any of our other sauces. Makes 6 to 8 servings.

Teriyaki Beef Stir-Fry

In a large skillet, stir-fry 1 lb. thinly sliced flank steak in 2 tablespoons oil; remove. In skillet, saute 1½ cups *each:* sliced carrots and onions and ½ tsp. minced garlic until tender. Return beef to skillet with 1 (10-oz.) jar La Choy Thick & Rich Teriyaki Sauce and ¼ tsp. pepper; heat through. Or, for variety, try our Hot & Spicy Szechwan Sauce or Oriental Barbecue Sauce. Makes 4 to 6 servings.

In the Orient, simplicity is perhaps the most valued ingredient in cooking. And our new sauces make fantastic cuisine absolutely simple. Give them a try. They can make chicken fly. And they'll perform the same miracle on fish and beef.

LA CHOY

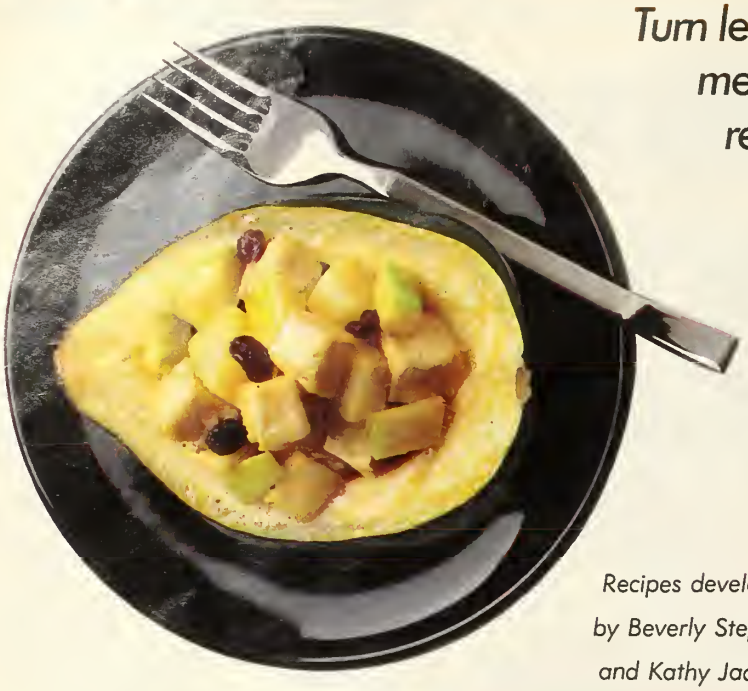
A Welcome Departure.



© 1987 Beatrice/Hunt-Wesson, Inc.

EASY AS 1-2-3

Turn leftover turkey into low-calorie meals. Here are three tasty recipes under 300 calories



Thom DeSanto

Recipes developed by Beverly Stephens and Kathy Jackette

CURRIED FRUIT AND TURKEY–STUFFED SQUASH

Cut two 1-pound acorn squash in half. Scoop out seeds. Place squash cut side up in a 13x9-inch glass baking pan. Sprinkle ¼ teaspoon curry powder over each half. Cover with plastic wrap. Microwave on High 10 minutes, turning dish halfway through. Let stand 5 minutes.

Meanwhile, in large skillet heat 1 tablespoon butter or margarine over medium heat. Add 1 cup chopped onions and 2 teaspoons curry powder; sauté until onions are translucent, about 5 minutes. Add 1½ cups chopped cooked turkey, 1 cup chicken broth, 1 cup chopped tart green apples, 1 can (8 oz.) pineapple chunks in own juice, drained, and 2 tablespoons raisins. Cook, stirring occasionally, until liquid is reduced by half. Season squash with salt to taste. Spoon curry mixture into squash halves. Makes 4 servings, 295 calories each.

GINGERED TURKEY SOUP

In saucepan heat 1 teaspoon sesame oil over high heat. Add 1 tablespoon *each* minced shallot and minced ginger and 1 teaspoon minced garlic. Stir-fry 1 minute. Add 3 cups chicken broth, 2 cups julienned cooked turkey, 3 tablespoons dry sherry and 1 tablespoon chopped red pepper; heat to boiling. Add 2 cups julienned romaine lettuce and 1 tablespoon chopped parsley. Makes 4 servings, 160 calories each.

Turkey hotlines

For questions about turkey preparation, call the Butterball Turkey Talk-Line, 800-323-4848 (Nov. 2–27, M–F, 8 A.M. to 8 P.M. CST; Thanksgiving Day, 6 A.M. to 6 P.M. CST). For food-safety queries, call USDA Meat and Poultry Hotline, 800-535-4555 (M–F, 9 A.M. to 5 P.M. EST).

TURKEY JICAMA HASH

In large skillet cook 2 slices bacon, diced, over medium heat until crisp. Add 4 cups shredded jicama (about 1 lb.), 2 cups shredded cooked turkey, 1 cup chopped onions, ¾ cup chicken broth, ¼ cup chopped parsley, 1 teaspoon Dijon mustard, 1 teaspoon minced garlic and ¾ teaspoon thyme. Cook until liquid is evaporated and crust begins to form on bottom, about 10 minutes. Turn hash over and cook 10 minutes more, until browned. Season with salt and pepper. Makes 4 servings, 270 calories each.

Best-ever microwave stuffings

Treat your family to this new stuffing ingredient—bulgur.

BULGUR-WALNUT In bowl combine 1½ cups bulgur wheat and 6 cups boiling water. Cover; let stand 1 hour. Drain very well.

In 1½-quart microwaveproof serving dish melt 6 tablespoons butter on High 1 minute. Add 1 cup diced celery, ½ cup diced shallots, 1 teaspoon sage and ½ teaspoon thyme; cover with wax paper. Microwave on High 3 minutes, stirring once. Stir in bulgur, 1 cup toasted, chopped walnuts, ½ cup chopped parsley and 2 teaspoons salt; cover with plastic wrap. Microwave on High 4 minutes, until hot. Makes 10 to 12 servings.

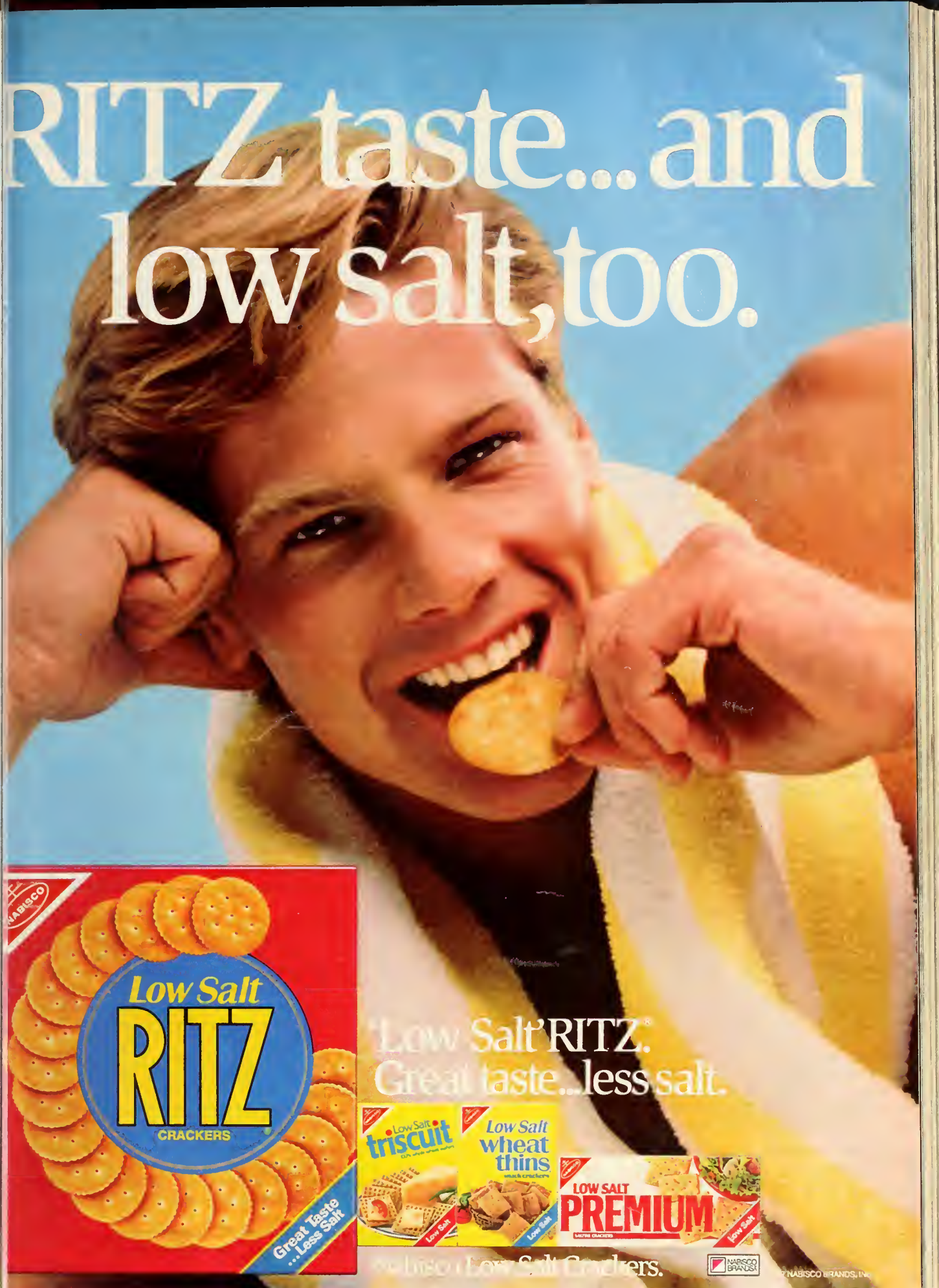
CRANBERRY-APPLE Prepare as above *but* add 1 cup chopped cranberries and 1 cup diced Golden Delicious apples to celery, shallots and seasonings.

WILD MUSHROOM Prepare as above *but* add 1 cup sliced shiitake mushrooms to celery, shallots and seasonings; omit nuts.

ROSEMARY-PINE NUT Prepare as above *but* substitute ¾ cup chopped green onions for shallots, 1½ teaspoons rosemary for sage and thyme, 1 cup toasted pine nuts for walnuts.



Gene Coleman/Telephoto



© NABISCO BRANDS, INC.

PSYCHOLOGIST'S JOURNAL

By Sonya Friedman, Ph.D.

Q&A ALWAYS BORROWS THINGS

A co-worker constantly borrows things such as office supplies, gum and change from my desk when I'm not there. Although this bothers me, I don't want to cause problems between us. How can I solve this diplomatically?

Some people see nothing wrong with borrowing things without asking. Obviously, your co-worker operates on this principle. And since you've never told her that her constant borrowing bothers you, she has no way of knowing how you feel.

Explain to her that when you find things missing from your desk it disturbs you. But tell her that you realize she is not deliberately trying to annoy you. Then consider keeping extra gum or change on a specific place on your desk in case your co-worker really needs it.

How mature are you?

Some of us seem better equipped than others to face the rigors of adulthood. To find out how mature you are, choose the answer that describes your reaction to each of the statements below.

1. You overhear your husband complaining that you planned all the activities on your vocation. You:
a) feel resentful, because you did your best to include his interests
b) feel relieved—you hope next time he'll give you some input
c) get angry and tell him that from now on he can do it all himself
2. Some of your colleagues start making snide remarks about a co-worker who is a friend of yours. You:
a) agree with them so you don't make yourself look bad
b) tell them you don't like what was said and why
c) pretend you didn't hear
3. A friend reads you the riot act for betraying a confidence. You:
a) get angry and decide not to speak to her again
b) blame the other person for telling on you
c) apologize and ask her forgiveness
4. Your neighbor just redid her living room, and you want to do likewise. But your mate says you can't afford it, and you know he's right. You:
a) still insist, because you want to impress your neighbor
b) complain because you're not as financially well off as she is
c) agree to work out a budget or get a second job to pay for redecorating
5. You work hard to win your club's nomination to the national convention. But they pick someone else. You:
a) demand to know why they didn't choose you
b) accept the defeat and vow to try harder next year
c) blame yourself or take out your disappointment on your mate

Give yourself ten points for each of the following answers:
1—b; 2—b; 3—c; 4—c; 5—b.
If your score is **40–50:** You recognize your strengths and weaknesses, stand up for yourself when you're right and admit when you're wrong. **20–30:** You are not always true to yourself or sensitive to others, but you act maturely most of the time. **0–10:** You tend to hide behind fantasies to make life better. You have a lot of growing up to do. —MARCIA ROSEN

Q&A UNHEALTHY OBSESSION

Whenever I hear about someone being ill or dying from some terrible disease, I start to imagine that I have symptoms of the illness. Often, I really feel pain and manage to convince myself that I'm dying. Why does this happen to me, and how can I stop it?

The fear of illness—and of losing control over our bodies—is so great for some people that they subconsciously become obsessed with their health. This is probably what's happening in your case. When you hear about someone who has contracted a terrible disease, your fears about illness slip from your subconscious into your conscious mind. And because your fears are so strong, they are then converted into real aches and pains.

You need to take several steps to rid yourself of your obsession with illness. First, get regular medical exams so that you'll know the true state of your health. Next, when you hear about someone else's illness, remind yourself that hearing about it doesn't mean that you've contracted it. Finally, because getting rid of an obsession is hard work, consider getting professional help.

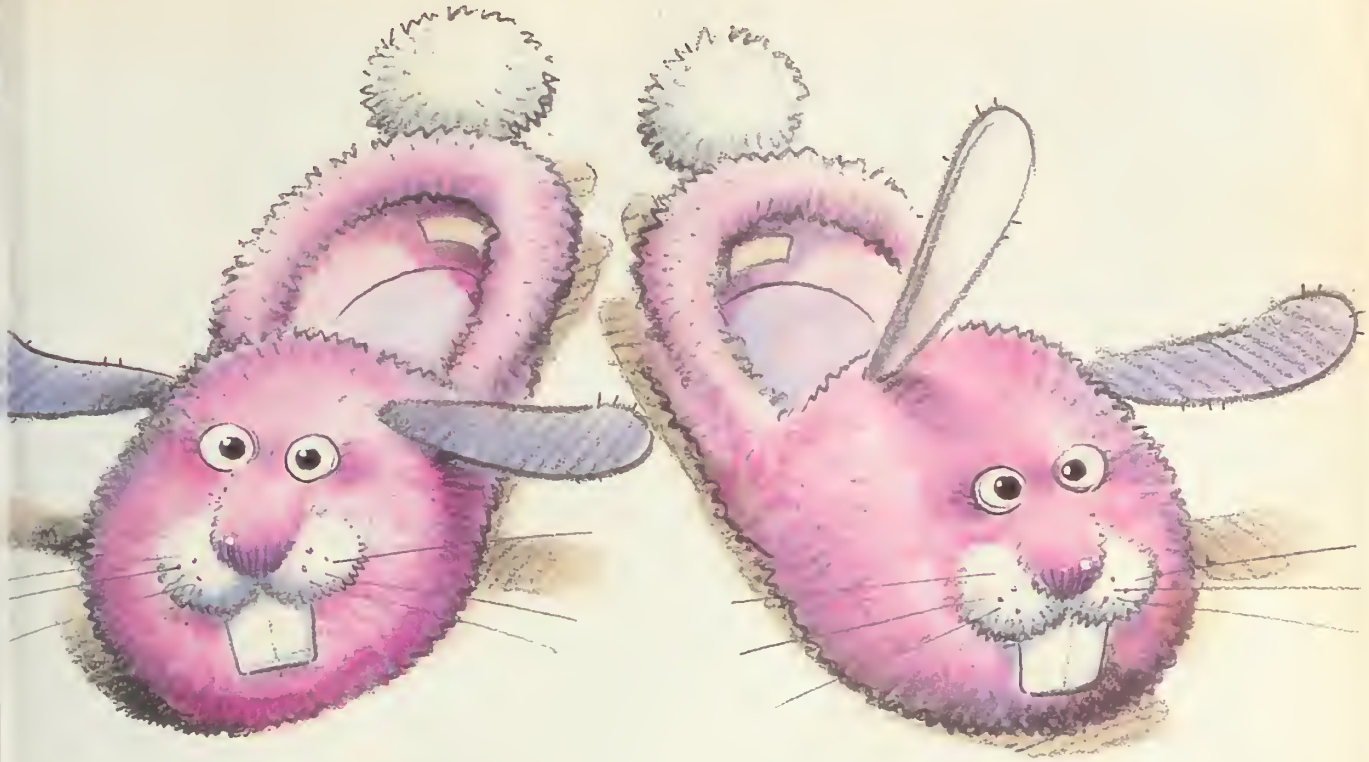
Q&A MONEY CONFLICT

My husband and I always disagree over how to spend our extra money. For example, he wants to take the family on a two-week vacation, but I'd rather use the money for something we really need, such as house repairs. How can we resolve this?

Today, married couples argue about money more than anything else. But it's important to try to understand *why* our spouses want to spend money in a certain way. In your case, it sounds as though your husband needs a vacation just as much as you feel the need to spend your money on more practical things. If you deprive him of this, it may create more problems between you.

Reach a compromise with your husband. Why not go on vacation for one week rather than two, and then put the remaining money toward house repairs? That way, your husband won't feel cheated out of relaxation time, and you'll be able to do something that you feel is a priority.

Sonya Friedman hosts Sonya Live in L.A. *on CNN and is the ABC Talkradio psychologist.*



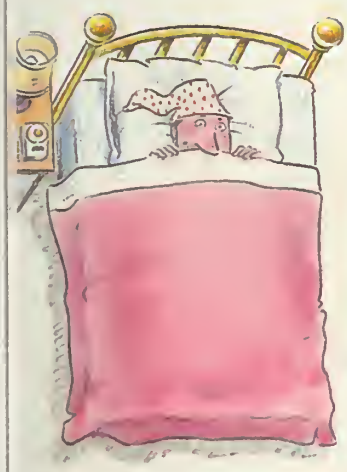
The Rabbits Died.

Now you and your old fuzzy bunnies can, you might say, rest in peace.

Because there's a much better way to keep your feet, and the rest of you, warm and cozy.

It's the P.M. Personal Monitoring System. An extraordinary system of body responsive heat found only in Sunbeam P.M. System automatic blankets, BedWarmer mattress pads and portable throws. If your feet are cold, the P.M. System knows. It automatically senses and responds to changes in body, bed and room temperatures. Sending more warmth where it's needed. Less where it isn't. That's why the P.M. System is said to have a "brain."

In the bedroom, these "Blankets and BedWarmers with a Brain" provide comfortable warmth all night long. They even prewarm your bed so you never have to climb into cold sheets.



P.M. System Blanket



Cuddle-Up Heated Throw

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Sunbeam

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Your hair has its own special glow. Make it come alive with Hälsa.

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WALNUT LEAVES
Deepens the natural shine of brown, dark brown or black hair.

MARIGOLD
Brings out golden highlights in natural blonde or lightened hair.



HÄLSA SWEDISH BOTANICAL SHAMPOOS AND CONDITIONERS

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ıth Greene, RN
ɔone, North Carolina

I'm a nurse in the O.B.
ırsery section. I used
› hate the thought of
ɔlding babies with my
ɔugh, chapped hands.
ɾ skin truly suffered
ɾom constant washing
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ɔtion I've used. I love
;. It really did end my
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Curél ends dry skin.

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CASE HISTORY



the miracle of Maranda

A strange disease was causing one hundred seizures a day. Only one hope remained—surgery to remove half her brain

It was nearing ten-thirty on one of those lazy Indian summer nights when everything seems so cozy and quiet. Terry Francisco sat watching television in the living room of her pleasant ranch house in Denver while her eighteen-month-old daughter, Maranda, slept peacefully in her room down the hall. Her husband, Luis, the manager of a supermarket, was out on his nightly five-mile jog and would return home in a little while.

Suddenly, Terry heard a strange gagging sound coming from another part of the house. In a panic, she raced to her daughter's room, flung open the door and flicked on the light. She stared in horror, too paralyzed to move. There was Maranda, her little body twitching and writhing so violently that she was lifted off the bed for a second and then flung back down. Her face had turned a horrible shade of blue, and her eyes rolled back in their sockets. *(continued on page 217)*



"She's touched the lives of so many people," says one of Maranda's doctors about his courageous young patient, here getting a hug from her mother, Terry

By Eric Sherman

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MONEY

Test your FINANCIAL IQ

Forget the Wall Street whiz kids. When it comes to making money decisions in *your* life, are you a financial genius or a budget dunce?



Everyone is talking about money these days—how to make it, stretch it, invest it and use it wisely. But with all the talk, there's a lot of misinformation. New tax laws, an ever-changing economy and emerging investment opportunities all conspire to keep everyone—even the financial pros—a little off balance.

To help you ensure that you're making the wisest financial decisions possible, we've asked experts at more than thirty financial organizations to pinpoint the areas in which consumers often have incorrect information. With their help we put together this test, organized into five sections—home, insurance, investments, spending and taxes—so you can identify your own strengths and weaknesses. Then you can decide, based on your results, if you need to assign yourself some financial reading or take a special class.

Your home

1. When you're buying a house, the real-estate broker represents *your* interests. **True or false?**

2. It's a good investment to buy the most expensive house in a neighborhood. **True or false?**

3. If you pay $300 every two weeks on your thirty-year mortgage (at 10 percent interest) instead of paying $600 at the end of every month, how quickly will you pay off the mortgage?

a. Thirty years. The change in payment schedule makes no difference
b. Twenty-eight years
c. Twenty-five years
d. Twenty-one years
e. Biweekly payments are forbidden by law

4. Of the five common household improvements listed below, which one will give you the best return on your investment when you finally decide to sell your house?

a. New paint, carpeting and wallpaper
b. Bathroom renovation
c. Vinyl siding
d. New deck
e. Adding a fireplace

5. Of the following, which is the biggest energy eater in the average U.S. home?

a. Refrigerator/freezer
b. Dishwasher
c. Television
d. Clothes dryer

(continued on page 55)

Arnie Levin

By Katherine Barrett and Richard Greene

Why wait a week to pick up on the latest dirt?

If you only vacuum once a week...

What you need
The vacuum fo

No sooner do you finish you
weekly vacuuming, when the
dirt starts to pile up again –
leaving you two options: let i
keep accumulating until you
vacuum ne
week. Or
hassle wit
dragging
out the b
dreade
vacuu







The Dustbuster® Power Brush tackles tough jobs, like lint and hair on your carpet and upholstery.

The Power Brush has a lot of things a big vacuum has. Except the bulk. And the cord.

It's built with 2 motors and a deep cleaning rotating brush, to tackle tough jobs, like lint and hair on your carpet and upholstery.

And the Power Brush is lightweight, compact and cordless, too, so it picks up in places a big vacuum can't. And fast.

So get a Power Brush and get that just cleaned look without big vacuum hassles.

s a Dustbuster.®
he other 6 days.

Well, Black & Decker offers
, not another option,
a solution, so
r house can
k like
just
ned –
n if you
y vacuum
e a week.
Dustbuster®
dless vacs.





The Dustbuster XL™ cordless vac is perfect for quick room pickups.

There's a great way to get a handle on cleaning up an entire room between weekly vacuumings.

The Dustbuster XL™ like all Dustbuster® vacs, is lightweight and easy to use. So it's great for getting into all those small or awkward places a big vac can't get to. And the XL has a handle, so it covers more ground, quickly, without making you bend. And because the handle retracts, it stores in very little space.

But best of all, the Dustbuster XL™ has high energy power cells, so you can clean up between weekly vacuumings. Fast.

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IDEAS AT WORK.™

Dustbuster® for the other 6 days.







The Dustbuster Plus™ takes care of small messes and spills.

Between weekly vacuumings, when you have small messes and spills, instead of hassling with a big vacuum, try a Dustbuster Plus™ cordless vac.

You'll appreciate how much power its high energy power cells give you to clean, practically every small mess or spill. And you'll delight in the convenience of its storing in its own recharging base.

But once you see how quickly your house can look clean between weekly vacuumings, you'll really be swept off your feet.

BLACK&DECKER®
IDEAS AT WORK.™

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I FINANCIAL I.Q.

continued from page 50

our investments

In the twelve months ending last ıne (the most recent figures avail-ɔle), which one of the following in-:stments did the best?
. Silver
. Gold
Stocks
Bonds
Treasury bills

The penalty for early withdrawal om a certificate of deposit is set by ıe government and is the same every-here. **True or false?**

Stocks in this industry tend to pay ıe highest dividends:
Computers
Utilities
Oil companies
Banks

People who purchase commodities, ıch as gold or soybeans, actually have take delivery of the gold or soy-ans. **True or false?**

Junk bonds got their name because ey:
Pay low, junky interest rates
Are bonds in junky companies
Are bonds in companies that sell junk
Pay high rates because they are risky

our insurance

What percentage of people are re-sed life insurance at normal rates :cause of health problems or hazard-ıs jobs?
2 percent
7 percent
11 percent
15 percent

You must pay income tax on bene-s from long-term disability insur-ıce you buy yourself. **True or false?**

If you've been divorced or widowed ıd your spouse was covered by a cor-ɔrate insurance plan, how long are ɔu eligible to continue coverage on e group health insurance plan?
Thirty days
Thirty-six months
The rest of your life

The more specific the insurance ′ailable—like cancer insurance or edit life insurance—the better deal ɔu'll get. **True or false?**

You should always have collision verage on your car. **True or false?**

ɔending your money

Which one of these items accounted r a greater percentage of a family's dget in 1985 than it did in 1950?
Food
b. Alcohol and tobacco
c. Clothing
d. Medical and personal care

2. If you feel an error was made on a billing statement, you should:
a. Assume it is a mistake and don't pay it
b. Write to the creditor to tell him of the error
c. Contact the store where the purchase was made

3. When you're shopping in a department store, it is better to use:
a. Visa or Mastercard
b. The store's credit card
c. There's no difference

4. Generic drugs are always cheaper than brand-name drugs. **True or false?**

5. If you neglect to send in the warranty card with a new appliance, the warranty does not go into effect. **True or false?**

Your taxes

1. What percentage of your credit card interest is deductible in 1987?
a. 100 percent
b. 35 percent
c. 65 percent
d. None

2. You may deduct the full price of theater tickets if the proceeds go to charity. **True or false?**

3. The majority of Americans will still be able to take advantage of IRA deductions as of the 1987 calendar year. **True or false?**

4. There's no point holding onto a stock for more than six months for tax purposes this year, since the preferential treatment for capital gains has been outlawed. **True or false?**

5. Income earned on an investment that's in the name of a fifteen-year-old must be taxed at his parents' rate. **True or false?**

ANSWERS

Your home

1. False. Ethically and legally, a real-estate broker works for the seller in most real-estate transactions. Sometimes you *can* hire a buyer broker to represent your interests, but this is uncommon. In any case, when you're dealing with a broker who is working for the seller, take what he says with a grain of salt. (However, you should know that a broker is obligated by law to tell you the whole truth about a house. If, for instance, the seller tells the broker about a problem with the roof, and the broker doesn't pass this information on to the buyer, the broker can be sued.)

2. False. The satisfaction you might feel from owning the best *(continued)*

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FINANCIAL I.Q.
continued

house in town may well disappear when it comes time to sell the house. The selling price of a more expensive house gets pulled down by lowlier houses in the neighborhood. It's a better investment to buy a home that's comparable in price to those around it—or better yet, one that's a bit cheaper, says William Young, director of consumer affairs of the National Association of Home Builders.

3. D. It sounds like magic but it's not. A biweekly payment schedule means that you can pay off this thirty-year mortgage in twenty-one years! It's no surprise that these mortgage schedules are becoming increasingly common. There are two reasons for the savings. First, because there are fifty-two weeks in the year, you end up making twenty-six half-payments a year. That means you make the equivalent of thirteen monthly payments instead of twelve. Second, you're making half your payment two weeks early each month, which helps to reduce interest charges. "Home buyers should keep their eyes open for a lender who will let them do this," says Young.

4. A. It's what's inside that really counts! A little internal face-lift—new paint, wallpaper, et cetera—is your best bet, says *Practical Homeowner* magazine. Even if you decide to splurge and have a professional do the job for you, you'll recover 90 percent of the average $3,900 cost of the improvement when you sell your house.

On the other hand, a homeowner who spends $5,520 to spiff up the *outside* of his home may recover only 31 percent of his total investment at selling time.

5. A. The chilling answer is the refrigerator. While they *have* become much more energy efficient in recent years, refrigerator/freezers still account for 13 percent of residential energy consumption in this country, in large part because they run continuously. None of the other appliances listed here accounts for more than 3 percent, according to the U.S. Department of Energy.

Your investments

1. A. Silver was the big winner, with an average return on investment of 39.8 percent. Gold did next best, with a return of 29.1 percent.

2. False. It pays to shop around. When savings account interest rates were deregulated, so were withdrawal penalties, says the United States League of Savings Institutions. As a result, financial institutions have developed savings certificates with different types of penalties.

3. B. Utilities have historically paid higher dividends than most other industry groups. That's in part due to state regulation.

4. False. If this were true, every commodities trader would need a basement the size of Fort Knox. When people buy and sell commodities they are generally just buying and selling contracts good for a specific amount of a certain item. They rarely complete the contract by taking delivery.

5. D. By and large, these bonds come from companies (including some very well-known ones) that have huge debts and need to borrow a great deal of money (often to have enough funds for a takeover of another company). Undertaking such a risk requires companies to pay high rates to investors to convince them to buy their bonds.

Your insurance

1. A. Too many people conclude that life insurance will be impossible for them to get at normal rates. They often end up going without or paying sky-high prices for inferior coverage. In fact, only 2 percent of the population is refused life insurance because of existing

esses, job hazards, et cetera, accord- to the American Council of Life In- ance. Most of these people *can* still ain decent coverage, although at her premiums.

alse. Take cheer. If you've bought r insurance yourself, these benefits n't taxable *unless* you've been de- ting the premiums you pay to the rance company on your taxes. wever, the benefits *are* taxable if r employer has paid for your insur- e policy.)

. For thirty-six months you must given identical coverage at no more n 2 percent over the group rate.

alse. Such insurance may seem ap because you don't actually have ork over a lot of cash compared n other coverage. But when you sider the likelihood of this insur- e paying off, you'll find that it is erally very expensive. You are al- t always better off buying insur- e with the broadest coverage.

alse. If you drive an old clunker, may find that collision insurance s more in the long run than the s total value.

ending your money

. Families spent a smaller percent- of their total budget *(continued)*

THE BEST CHRISTMAS ISSUE EVER

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The busy woman's guide to Christmas We've taken the hassle out of the holiday with these speedy ideas.

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FINANCIAL I.Q.
continued

on food, clothing, alcohol and tobacco in 1985 than they did thirty-five years before. But the percentage families spent on medical and personal care shot up from 6 percent of their total budget in 1950 to about 13 percent in 1985, according to the U.S. Bureau of the Census.

2. B. Keep sending those cards and letters. Most merchants will handle complaints on the telephone, but you are not assured of protection under the law unless you send a written complaint to the creditor at the address shown on the billing statement. (Mail the letter separately from your check and billing statement.)

3. A. According to Elgie Holstein, director of the Bankcard Holders of America, you should use Visa or Mastercard. These cards usually offer lower interest rates than most department store cards do.

4. False. This is the kind of assumption that can give you a financial headache. According to a study in the *Journal of the American Medical Association*, you can't count on generic drugs being cheaper—though they sometimes are. For example, the study found that two thirds of the time, brand-name diuretics were the same price or chea than generics. If, on your prescript the physician gives you the optio obtaining a brand name or a ge drug, ask the pharmacist which m cation is the better buy.

5. False. According to the Associa of Home Appliance Manufacturer manufacturer must honor its warr whether or not you have sent purchase information.

Your taxes

1. C. The consumer-interest de tion—which includes all nonmort loans, such as credit-card interest car loans—will be phased out u the new tax law. But you will stil able to deduct 65 percent in 1987 percent in 1988, 20 percent in 1 and 10 percent in 1990. The deduc disappears completely in 1991.

2. False. The government isn't in business of subsidizing a good ti You can deduct only the amount paid above the market value of ticket. So if you paid $50 for a the ticket to a benefit, and the ticket really worth $40, you're entitled only a $10 deduction.

3. True. Although the new tax act cut down on the use of IRAs for pe covered by a corporate pension pl only nine million of the eighty-se million households in America lose their entire IRA tax deduction der these new tax rules, according the Investment Company Institute you're not covered by a company p sion plan, you can claim the full ded tion, regardless of how much you ea

If you do have a company pens plan, however, the amount of an I that's tax deductible is based on y adjusted gross income. If you are m ried and filing jointly, you can take full IRA deduction if you and y spouse have an adjusted gross inco of $40,000 or less. Moreover, if you making under $50,000, you can s take a partial deduction for your c tribution to the account.

4. False. There's still a little time lef take advantage of this particular goody. The total elimination of capi gains treatment doesn't take place til 1988. The highest tax rate for capital gain in 1987 is 28 perce while the highest tax rate for ordina income is 38.5 percent.

5. False. If a child is fourteen or old his investment income is taxed at rate. If he is younger than that, a unearned income after the first o thousand dollars (which is subject t tax at the child's rate) is taxed at t parents' rate, according to the Tax R form Act of 1986. E

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WHAT'S HOT on TV



Globe Photos

Lisa Bonet: on her own

After three years as a Cosby kid, she's graduated to her own show. But is she most likely to succeed?

By Eric Sherman

Four years ago, Lisa Bonet was just your average high school student with a mouthful of braces, a funky wardrobe and an identity crisis the size of Pittsburgh. "I'd wonder, 'Will I ever go to college? Will I ever go to the prom? And why haven't I had a date in two years?' " she recalls.

But those days are long behind her. At the ripe old age of nineteen, Lisa Bonet stands on the brink of superstardom. After three years on one of the most popular TV shows in history, she's flown the Cosby coop for her own can't-miss spin-off, *A Different World*. Now, who was complaining about not having a date for the prom?

"All this fame is pretty mind-blowing," she says. "All of a sudden, people everywhere recognize me—want to be my friend. They feel they know me and can touch me, squeeze my cheek, or hit me on the back and just say hi. But inside, I still feel like the sixteen-year-old who never had a date."

It's hard to believe that one of America's newest sex symbols, with her striking dark eyes and untamed mane of curls, would ever have had to sit home alone on a Saturday night. But it wasn't long ago that Lisa Bonet felt ill at ease about her appearance. The daughter of a black/Cherokee Indian father and a white schoolteacher, who were divorced when she was only thirteen months old, Lisa never felt she fit into her all-white neighborhood in Los Angeles's San Fernando Valley. "I grew up totally miserable," she says. "Only now have I learned to accept who I am."

These days, meeting people isn't a problem, but Lisa insists she's something of a loner. "I see a few people, but I fall in love with the wrong ones," she says. "One guy decided he wanted to be a swami and now lives on an ashram in upstate New York. That's okay. Love without attachment is the only way you can stay safe and not get angry or hurt. Love is a terrible drug."

Sensitive and inquisitive, Lisa doesn't bother with going to clubs or hitting the party circuit. Instead, she's planning on using her free time to take college courses and practice yoga and meditation. "Phylicia Rashad [her TV mom] is one of my closest friends, and she first introduced me to Siddha yoga," Lisa says, adding that Bill Cosby often makes fun of his two attractive co-stars spending hours meditating. "He had all these pictures of old, old actors, and he put *bindus* [Hindu 'third eyes'] on them just to tease us," Lisa says with a laugh.

Lisa says she'll miss her former family *(continued)*

How Far Must We Go Before You Think Of Us As A Vegetable?



We can't figure it out.

We're nutritious, and we're low in calories. We're n a plant. But still, most people don't think of atoes as a vegetable.

o we thought—maybe it's because we're not n. After all, vegetables are green, right? There's ach, broccoli, lettuce, cucumbers, even green ns and green peppers. So maybe if we paint ourself green you'll start thinking of us as a vegetable.

Then again, carrots are orange, squash is yellow, and cauliflower is white. And you consider those vegetables, don't you?

There must be something special about potatoes.

But then, that's what we've been saying all along.

Potatoes. America's Favorite Vegetable.

The Potato Board

WHAT'S HOT on TV

(continued) on *The Cosby Show*, but she knows that if *A Different World* fails, she can always go back. Still, she's a little nervous. "I'm leaving the number-one show in America," she says. "And I didn't think the pilot [of *A Different World*] was that great. But we're making changes, and I think it's going to come together nicely." Recently, she is reported to have made an unusual request—she'd like NBC to move her show from a plum Thursday-night time slot behind *Cosby* so she'll have the satisfaction of knowing she succeeded—or failed—on her own.

That kind of daring independence is typical of Lisa, who took the gamble of making her movie debut earlier this year as a satanic priestess in the controversial film *Angel Heart*. She knew that agreeing to do the film's graphic sex scene, which initially earned *Angel Heart* an X rating, would surprise fans who expected her always to be Bill Cosby's clean-cut little girl. Lisa's own mother was initially against her daughter taking the part. "She didn't want me to expose my bosom to the world," Lisa says with a giggle. But the film caused a bigger brouhaha than even Lisa had expected. "It blew my mind that people were intent on making such a controversy over it," she says. " 'Huxtable Kid's Halo Slips!' "

And Lisa may have a few more surprises, including her possible early retirement—at the age of thirty. "I don't plan to work in the business more than ten years," she insists. "I have every intention of marrying young and having kids, and finding a castle in Spain and just disappearing. I'm much more interested in my soul than my bank account."



Frank Carroll/NBC

From *Cosby* to college: Lisa Bonet and her new TV roommates, Marisa Tomei (left) and Dawnn Lewis



Christopher Little/Outline

TV's favorite weatherman

Now you see it, now you don't—Willard Scott's famous toupee, that is. *Today* show viewers have grown accustomed to seeing the wily weatherman's hairpiece come and go as often as passing cloud cover on an overcast day. Early one morning, when Hurricane Scott first blew onto the set, the most famous hairpiece in America was firmly in place. But by the time he returned to his cramped office a few hours later, he had dropped off his mop at makeup and was ready to face a reporter, exposed dome and all.

"My toupee is one of the biggest jokes on television," Willard admits, easing his 275-pound frame into a chair behind his tiny desk. "My wife and most of my friends don't like the way I look in it, but I do. So I'm forever taking it off and putting it on." Willard smiles devilishly and rubs his hands over his bald scalp. "Either way, I'm quite a fox, wouldn't you say?"

Fifty-three-year-old Willard Scott, America's only stand-up weatherman, has been brightening our mornings and boosting *Today*'s ratings for seven years now. A man who will do anything for a laugh, he's delivered the weather dressed as everyone from Carmen Miranda to Cupid. "I'm the last great cornball in *(continued)*



Shown smaller than actual size of 11" in height.

WHAT'S HOT on TV

(continued) America," says the irrepressible weatherman who once played Bozo the Clown and Ronald McDonald on TV. "When I first appeared on the *Today* show, people didn't know what to make of me. After the very first day, NBC got eight hundred letters, half of which said, 'Get him off the air—he's a big windbag.' As people got to know me, however, they began to change their minds. Now they want me on the air *because* I'm a big windbag."

And they want him in their bookstores as well. Simon & Schuster is publishing Willard's fourth book, *America is My Neighborhood*—a look at some of the unusual and heroic people he's met traveling the country doing weather remotes. And you may soon be able to catch Willard on TV at night, too. He recently signed to play a recurring character on the TV show *Valerie's Family* (who knows, he might put on a wig and play the axed Valerie Harper). If the public likes him on the show, he could become a permanent character, or even get his own series—his goal for years. "I'd love to do an Arthur Godfrey–type show—folksy, friendly, the kind of thing that fits me," he says. If Willard does get his own show, he'll have only one major goal left—to lose weight. It's not an easy task. "I just *looooove* to eat," he admits with a smile. "The other day, I thought I found the perfect way to burn calories and get exercise. I decided to walk home—all thirty-six blocks. But I had only made it ten blocks before I stopped at a Haagen Dazs and had a double scoop of ice cream. Ten blocks later, I had another double scoop. Then I had dinner. From now on I'm going to take a cab. You gain less weight."



Stalking the perfect weather forecast: Willard Scott on location, minus his trusty toupee



DOUBLE DARE

THE MESSIEST SHOW ON TELEVISION

Double Dare is a dry cleaner's nightmare—a half-hour mess fest of goo, glop and mush. Every weekday on TV's hottest-ever game show for children, eager youngsters run amok in fifty gallons of whipped cream, splash through a vat of green slime and dive face first into a heaping mound of gelatin. Mothers, be warned: It isn't a pretty sight. In fact, there's only one word to describe the sloppiest program on cable television today: *YUCK!!!!*

***"Double Dare* is every kid's dream come true," says its exuberant host, Marc Summers, a former stand-up comic and game-show writer. "What kid wouldn't want to jump into a vat of Jell-O or stuff a pie down someone's pants?"**

The only game show to employ a staff of fifteen just to clean up, *Double Dare* is a combination food fight and quiz show. Two teams of ten- to thirteen-year-olds compete for money by performing messy tests of physical skill and answering trivia questions on history, geography and pop culture. The winning team gets to compete for prizes by racing the clock in an obstacle course that ends with a run through a ten-foot human hamster wheel.

Like *Wheel of Fortune*—that other game show with a huge wheel—*Double Dare*, which airs at 5:30 P.M. eastern time, has become a cult favorite. In its first year on the youth-oriented Nickelodeon cable network, it has attracted an average of one million viewers a day.

What's more, a *Double Dare* board game recently hit the market, and versions of the show are planned for British, French and Japanese television. In this country, Nickelodeon will soon unveil other children's game shows, and NBC launched one, *I'm Telling*, in September.

As for *Double Dare*, Summers has a simple explanation for the show's appeal. "It's good clean fun," he says modestly. "Well, good *messy* fun."



It can help their grades, grade after grade after grade.

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More and more parents are dis-overing that better math grades tart with one simple addition: Texas Instruments Speak & Math.

Speak & Math is packed with so many fun activities it will keep your kids captivated for hours. These activities help kids learn at their own pace. Everything from the basics to decimals. And Speak & Math is the only electronic math toy that helps develop logical and analytical thinking.

So pick up a Speak & Math for your kids today. Then discover how much better report cards can be. *And to help your pre-schooler prepare for school, try Texas Instruments Touch & Tell.*

TEXAS INSTRUMENTS

) 1987 TI.

ANTI-AGING BEAUTY

the myths, the facts

Can high-tech creams and lotions really make you look younger? An up-to-the-minute report on the new generation of clock-stopping skin treatments and how they work



Tohru Nakamura

Today, there's a vast array of products to choose from that profess to reduce and prevent the signs of aging

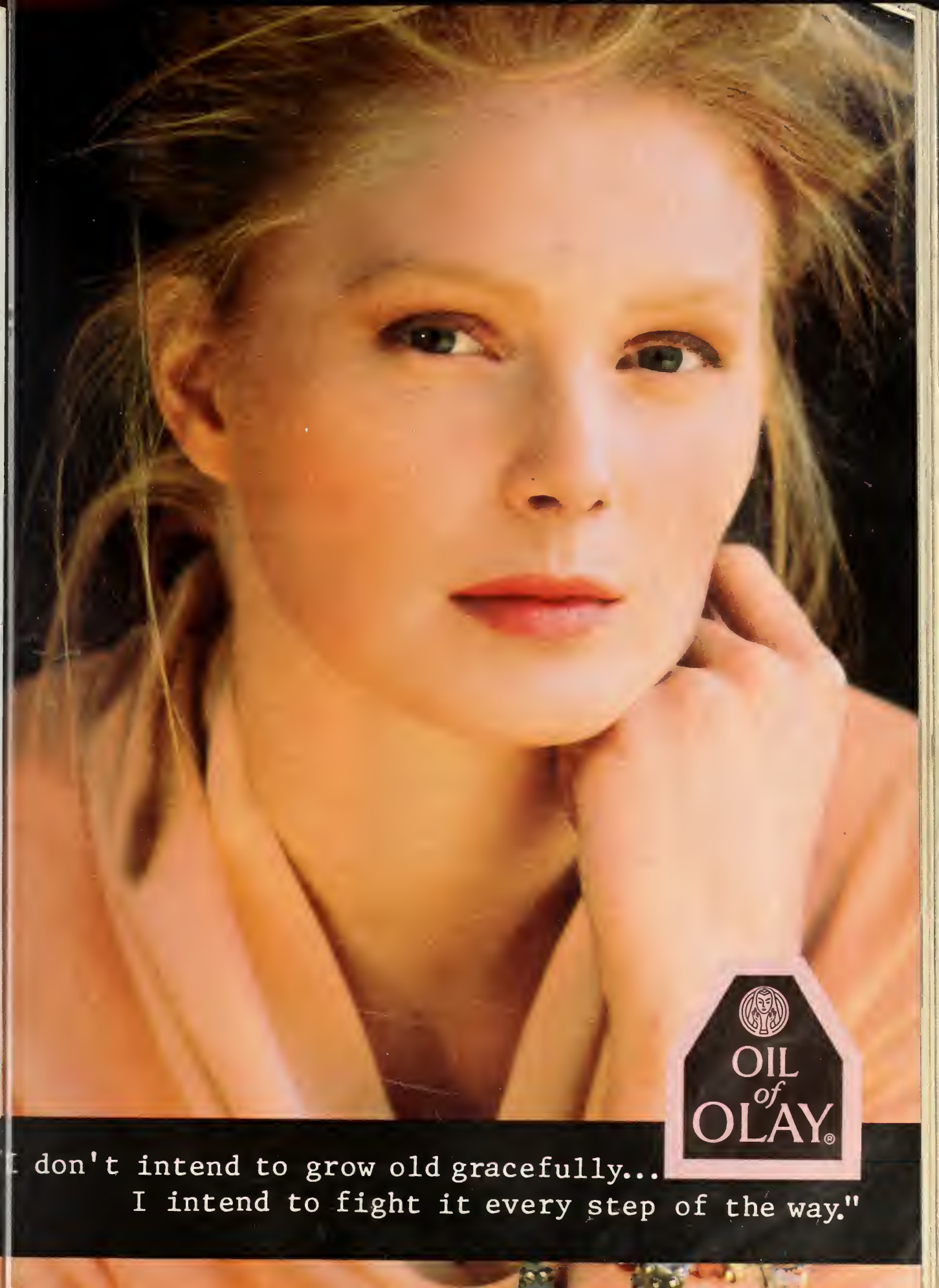
The beauty buzzword these days is *antiaging*. And it's oh-so-timely, since the segment of the population with the largest disposable income and the greatest interest in looking younger is growing older. While the physique and mind-set of the women of the baby boom generation stay youthful, their complexions start to change, and millions of women are now beginning to view with alarm crepe-paper folds around the eyes and mouth, wrinkles and firmly fixed expression lines.

Observing this growing need, beauty companies have responded with turn-back-the-clock treatments for all these inevitable problems of aging. These high-tech formulas basically profess to reduce and prevent lines and wrinkles by working deep within the skin through the action of an exclusive, often patented "miracle" ingredient or complex of ingredients. Reading the label on these products, you almost feel that you'd have to take an advanced course in biochemistry to understand how they work—if they do.

But what most women want to know about these new products is simply this: Do they do what they claim? It appears the answer to this question is sometimes as complex as the formulations of new treatments.

■ **The fountain of youth?** Dermatologists and cosmetics experts differ about just how much these new antiaging products can do. "Many of these claims are hype . . . they're exaggerated," says Albert Kligman, M.D., professor of dermatology at the University of Pennsylvania School of Medicine. "The presence of any lubricant or *(continued on page 73)*

By Susan Sommers


don't intend to grow old gracefully...
I intend to fight it every step of the way."
OIL of OLAY®

Demand more from your cleanser than just clea if you want younger looking skin.

Just clean isn't caring enough. That's why Olay Beauty Cleanser deep cleans without stripping your skin of its essential moisture as it thoroughly removes dirt and makeup. Gently, gently so you can use it every day-- twice a day.

Just clean isn't glowing enough. That's why Olay Beauty Cleanser rinses away greaselessly so there's no residue to get in the way of the glow. Your skin feels renewed, refreshed, soft, soft, soft-- not to mention the wonderful feeling of looking a little bit younger.



Challenge the bad habits of your skin.

The older your skin gets, the lazier it gets. Producing less of the very fluids your skin needs to look younger. Oil of Olay counteracts that laziness. By supplying your skin with more of the fluids it no longer produces in abundance. Adding fullness, plumping up tiny wrinkle lines. Encouraging your skin to help itself. Actually allowing it to spring back into softer, smoother skin. So you can't help but look younger. Oil of Olay. Helping you look younger. Now.



Make every night a night of rich renewal.

Six or eight hours of uninterrupted replenishing treatment by Night of Olay can have a profound effect on your skin. As your body rests, Night of Olay goes to work. This enriching cream penetrates the skin's surface, boosting your skin's moisture replenishment system-- providing nourishing moisture and essential emollients all night long. Easing away even tiny wrinkle lines. Increasing your skin's resiliency-- actually helping it look and feel firmer. And, oh, the little lift you get from looking younger in the morning.



(continued from page 68) emollient will make skin look better." Norman Orentreich, M.D., clinical professor of dermatology at New York University School of Medicine, concurs. "These products are exquisite moisturizers," he says. "The moisturizing technology of cosmetics chemists has reached an extraordinary new high of competence. If that were all they claimed, there would be no problem."

No one disagrees that moisturizing is vital to aging skin, and today's products do work extremely well in that way. But the big problem with antiaging products is proving some of their more dramatic claims. Since these products purportedly alter the structure of the skin, this changes their status in the eyes of the Food and Drug Administration (FDA) from cosmetics to drugs.

According to Roger Woodworth, an FDA spokesman, "Cosmetics are intended to cleanse and beautify, while drugs are intended to affect the function and structure of the human body." As cosmetics, products are not monitored; as drugs they go through a lengthy testing process that takes from five to ten years. For an industry with a patent-it-first, prove-it-later mentality, that could mean disaster. To date, twenty-three beauty companies have received regulatory letters from the FDA.

"We're not saying that these products are harmful; we're saying that they have crossed the border from cosmetics to drugs," says Woodworth. "We feel we have a moral obligation to step in. When a woman looks at these products, she believes their claims because she thinks the government wouldn't allow them to be sold if they weren't true."

■ **Real beauty breakthroughs** While the consumer waits for the beauty industry and the FDA to sort out this issue, there are several new and important beauty developments that *are* significant and noncontroversial. For example, although it is hardly news that the sun prematurely ages the skin, the fact that cosmetics companies now have the technical ability to include high-level, nonirritating sunscreens in all products is important.

"It's probably the single biggest change in cosmetics in my thirty-two years in the laboratory," says George Fioto, executive vice-president of research and development at Revlon. "It's very difficult to move forward on an antiaging front without addressing one of the primary causes of premature aging."

"The only antiaging cream is a sunscreen," insists Robert Auerbach, M.D., associate professor of dermatology at New York University School of Medicine. "Almost all skin aging is due to UV [ultraviolet ray] damage."

Aging caused by UV rays is known as photoaging. It's different from true aging because it is entirely self-inflicted; photoaging also speeds up the normal aging process. Photoaging changes the skin's structure, explains John Romano, M.D., clinical instructor in medicine at New York Hospital/Cornell Medical Center. The skin's underlying support (the elastin and collagen fibrils) clumps, and the skin over these fibrils sags and wrinkles; the regenerative capacity of the cells slows down; oil and sweat glands dry out; and the skin's capacity to hold moisture decreases.

Although sunscreens can help prevent some of the damaging effects of the sun, Gary Grove, Ph.D., of Ivy Laboratories' Skin Study Center, in Philadelphia, an independent cosmetics research center involved in testing a number of different antiaging formulations, sounds a cautionary note. "It's important for people to realize that they can't frolic in the sun and expect antiaging creams to undo all the damage," he says.

Another major breakthrough is Retin-A, a derivative of vitamin A. "It won't make a seventy-year-old woman look like she's fifty, but it will make her look like she has better



Tohru Nakamura

skin," says Herbert Hochman, M.D., assistant clinical professor of dermatology at Columbia University College of Physicians and Surgeons, in New York City. Retin-A has been on the market for fifteen years, but as an acne medication.

Most dermatologists agree with Hochman's assessment of Retin-A. "If you're talking about making skin look less aged, so far Retin-A is really the only substance *(continued)*

(continued) for which there is substantiated evidence," Hochman says. The differences Retin-A makes in the skin are generally subtle but noticeable: Fine lines and wrinkles are smoothed, as is skin texture, and skin tone is evened out. Overall, it helps skin to function as though it were younger. Because Retin-A is a drug, it's now undergoing the appropriate testing.

Diana Bihova, M.D., clinical instructor in dermatology at New York University Medical Center, cautions that Retin-A is a prescription drug and must be used under a dermatologist's guidance. Because it can irritate, its strength and frequency have to be adjusted for each individual's skin. It also takes three to six months to see results.

Another important new group of substances are microscopic molecules called liposomes: little capsules that can be loaded with material and targeted to reach sluggish cells. Liposomes activate these cells by discharging their contents and then biologically blending with



Tohru Nakamura

cell membranes. Liposomes are already used to treat a variety of maladies. Now the same technology is being employed in antiaging formulations. Although there are no standardized tests in the beauty industry, independent tests by Grove involving liposome complexes were exceptionally positive: Wrinkles were reduced after both initial and prolonged use.

Application know-how

Whether these antiaging formulations are super moisturizers or something more, it's important to use them in the prescribed manner. Below, some of the new application methods that allow these products to work most effectively.

- **Two products that work in tandem** and have to be mixed together before each use. In the case of BioAdvance by Avon, the active materials are separated, because they would decompose if they were combined, explains Gary Dugan, Ph.D., Avon's director of skin care, research and development. Clarins's "Double Serum" Multi-Regenerant contains two separate complementary complexes that act together when applied to achieve results.
- **One-a-day capsules** take the guesswork out of application. Revlon's Age-Less Daily Face Capsules is packaged this way; simply puncture the capsule, squeeze out the serum and stroke it on. Estée Lauder's Re-Nutriv III Intensive Skin Therapy is contained in *vials*, which, like capsules, make precise application mistakeproof. And in products such as Dior's Capture and Chanel's Lift Serum, for example, *premeasured drops* make dosage a cinch. Estée Lauder's Night Repair, Frances Denney's FD-29 Activating pHormula with Hydracel and Guerlain's Evolution Intensive Extract are all packaged with a dropper.
- **Lotions, fluids and creams** that are easier than ever to smooth on provide overall protection from dryness. Both Oil of Olay Beauty Fluid and Oil of Olay Beauty Cream moisturize up to twelve hours or more. Niosôme by Lancôme, a daytime treatment with liposomal action, is sheer and lightweight. Almay's Protectives Collection contains Replenishing Moisture in lotion as well as cream form to counteract signs of aging. Avon's Collagen Booster Line Controlling Lotion can be used on its own or under moisturizer. Coty Overnight Success Cellular Replacement in cream or lotion helps diminish fine, dry lines.
- **Undereye gels** are the newest products to smooth fine lines and wrinkles in the delicate, dry undereye area. Avon's Eye Perfector, one of these specially formulated gels, contains an array of soothing botanicals in addition to emollients. Revlon's ProCollagen Anti-aging Complex Especially for Eyes is just part of a group of ProCollagen products with a unique gel consistency. Time-released Eyzone Repair Gel from Estée Lauder is said to work from the inside to the outside of the skin.

Magic vs. reality

These new formulations *do* make the skin look better, but how much permanent improvement can you expect from them? Kligman seems to sum it up best: "Glamour is a matter of perception, not reality," he says. "Anything you put on your skin will make a difference." **End**

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Whatever you call it, the relief is Massengill®

It has the most effective medicine you can buy without a prescription.

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THE MAKING OF THE African Queen



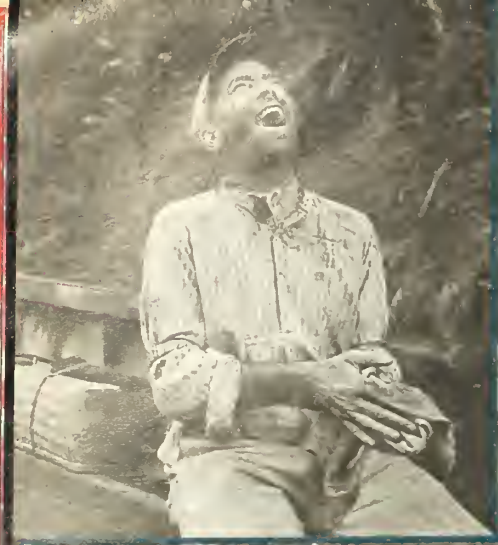
Eliot Elisofon, *Life* Magazine, © Time Inc.

or how I went to Africa with Bogart, Bacall and Huston and almost lost my mind

By Katharine Hepburn

SPECIAL LHJ EXCERPT

From the book THE MAKING OF "THE AFRICAN QUEEN" OR HOW I WENT TO AFRICA WITH BOGART, BACALL AND HUSTON AND ALMOST LOST MY MIND, by Katharine Hepburn. Copyright © 1987 by Katharine Hepburn. Reprinted with the permission of Alfred A. Knopf, Inc.











In her own words, Katharine Hepburn shares her most memorable movie-making moments in this, her very first and remarkably candid memoir



've never written a diary—well, I mean, put down dreary things like when did my eye start twitching—things the doctor asks and you've always forgotten because they are really fundamentally dull.

But then, when you've lived as long as I have, you usually wish that you had kept one because you can't remember the plot of many movies you've made—or the plays—really not anything about them or who or why.

But some happenings you can't forget. This happened to me with *The African Queen.*

It was 1950—almost 1951. I was Rosalind in the Theatre Guild's production of *As You Like It.* Trying to broaden my range and testing my talent.

I was living in Irene Selznick's luxurious house in Beverly Hills. Tennis court. Swimming pool. The house faced south and was full of sunlight—sheer heaven.

Then the telephone rang. Well, that's what happens in this business. "Hello, Miss Hepburn, this is Sam Spiegel calling. I'm going to do a picture with John Huston—it's by C. S. Forester, and it's called *The African Queen.* Shall I send the book to you? I'm very anxious to know how you feel about it."

"Thank you. I'll read it right off."

Well, I read it. And it really made me sit up and take notice.

Sam came, and we talked about all the possible men—all English. Charlie Alnutt was supposed to have a cockney accent.

Then he said, "What about Bogart? He could be Canadian."

Now, looking back at that conversation—can you imagine anyone but Bogie playing that part? He really was Alnutt—hook, line and sinker.

Now, come on. Don't pretend. I know what you're wanting to know. Bogie. What sort of a . . . You have to realize that I had no idea at that point what he was like. But I certainly found out, making the picture and then afterward here and there. Now and then. And even later, when he got sick—and then when he was very sick, and when he knew it was good-bye, Joe—he was trying to make all of us feel okay about it. He was too weak to walk up and down stairs. And he used to say, "Put me in the dumbwaiter, and I'll ride down to the first floor in style. Come on—



I'm a little guy—I'll fit."

Little guy? Did he say "little"? He was one of the biggest guys I ever met. He walked straight down the center of the road.

No maybes. Yes or no.

He liked to drink. He drank.

He liked to sail a boat. He sailed a boat.

He was an actor. He was happy and proud to be an actor.

To put it simply: There was no bunk about Bogie. He was a man.

On that last day, when Spence patted him on the shoulder and said, "Good-bye, Bogie," Bogie turned his eyes to Spence and with a sweet smile covered Spence's hand with his own and said, "Good-bye, Spence."

Spence's heart stood still. He understood. Bogie was on his way.

Oh, dear. Well, don't get me going about Bogie. Come on—back to the beginning.

John Huston came to call. I'd never met him. He was pretty—well, unique.

Then he came again.

Then he came again.

I don't even know that he's read the book, for he sure seems to be stumbling around. And those stories. And that studied old-Kentucky-colonel charm. Well . . . maybe he's great. I don't know. But he makes me uneasy. I feel all hands and feet, and I simply can't imagine being directed by him.

"Katie, dear, Sam says you're worried about the script."

"Well—"

"Don't you worry, honey."

"Maybe you'd prefer it if I never mentioned the script."

"Oh, no, my dear, I want to know what you think."

But somehow none of this rang true. Certainly nothing materialized. So I wound up forcing it out of my mind. I did want to go to Africa, and I felt it would be my only chance. So what the hell.

Time passed. *As You Like It* ended. *The African Queen*'s starting date was coming up. Vagueness continued. No script. Huston went to London.

After endless on-again,off-again wires concerning the business aspects, I was waiting frantically for ACTION. Finally, I thought it was a good idea to just go. So I went to England. It was early April. I was met by a huge Rolls-Royce and taken to Claridge's.

There was a large press conference—terrifying—but it went pretty well. Stood for two and a half hours. Drinking milk. Bogarts—Betty and Bogie—were there, and Huston and Spiegel, of course. Finally, it ended.

Huston still made *(continued)*

Opposite page, clockwise from top left: Humphrey Bogart as the unforgettable Charlie Alnutt; Kate keeping out of the sun; the star and her director, John Huston; the gang relaxes—Bacall, Huston, Bogie and K.H., behind the scenes on location; Betty and Bogie—the perfect couple. This page, above: angling in on the *Queen*

Top right: courtesy of Arthur E. Lemon. All other photos courtesy of Eliot Elisofon, *Life* Magazine, © Time Inc. Above: courtesy of Arthur E. Lemon, © 1979

(continued) no effort to talk to me about the script, of which, by this point, I'd read an early copy.

Eventually, I had to take a stand. I couldn't just let it ride. I called him, and immediately he said, "Come on down, dear. I was going to call you."

I went down. "What about the love scene?"

"Well, now, Peter and I were just talking." Peter Viertel was working on the script. "Honey," he continued, "what will you have to drink? Say, have you ever done any fox hunting?"

"Well, no—nothing. And no, I haven't." But we were off to the races. I was shown his riding boots, all of them. His pink coat, his britches, his vest, his socks, his silk hat.

Frankly, I didn't see any way that the picture could possibly ever be made. And I felt exactly as if I were conducting the last desperate moments of an extremely unsatisfactory—verging on the actively unpleasant—love affair with Mr. Huston.

John and Peter went to Africa, supposedly to cut the script and fix certain scenes, pick locations, et cetera. The *African Queen* company was to leave from Rome. Betty and Bogie were there already. Spence was on his way from New York. I was to stay with my friend Fran Rich, who was studying sculpting in Rome and had an apartment there.

Spence stayed at the Grand Hotel. Fran would get him and deliver him. We had a glorious time—picnics, sightseeing, churches, dinners in Fran's flat with local friends, walks in the country. Spencer loved Rome. He left the day before my departure. Did he leave because he was bored or because he couldn't bear to say good-bye? The eternal question.

So off I went.

Stanleyville. Belgian Congo. Peter met us. One hour before, John had taken off for our village at Biondo. We had flown halfway around the world to get to him. And one hour before, John had left in a private plane to get to our camp, which was just being completed. South, down the Congo River about eight hours by rail and then west into the jungle by car another forty miles. No telephone. I can't describe my emotions. You see, I didn't know any of these people. The Bogarts seemed sweet, but I didn't know them.

We were taken to our hotel, the Pourquoi Pas, right on the Congo. Lovely view. I had been put on the ground floor on the street—a dark, dismal room where everyone could look in the window. The Bogarts were on the top floor with a lovely porch overlooking the river.



Eliot Elisofon, *Life* Magazine, © Time Inc.

The author in her makeshift dressing room

Who the hell had arranged the rooms! Wasn't I as good as Bogie? I went to the manager. No reaction. I found out that the film's accountant and auditor, who had been there for some time, had a wonderful room next to the Bogarts'. Without a wasted step, without a thought of them and their rights of possession (and certainly without a word to either of them), I walked into their room . . . threw everything into suitcases and demoted them to my room on the first floor. I felt guilty but not quite guilty enough not to dispossess them.

We were to kill time in Stanleyville, as far as I could tell, until we were sent to Biondo. Frustrated rage was my constant mood. Messages came from the camp at Biondo that Mr. H. would like a permit to hunt elephants in the Belgian Congo. The license cost three hundred dollars. This, I supposed, would go down as an expense necessary to the picture. My rage increased. Supposedly we were getting appropriate clothes, et cetera, for the jungle. Nothing arrived for me, but I couldn't have cared less, as my own wardrobe was much more suitable for the jungle than it has ever been anywhere else. I may look odd walking across Claridge's lobby, but I'm the height of chic in the jungle.

Finally we left for Biondo, our camp, which was cut out of the jungle near the Ruiki River. I carried a bottle of water and some English tinned biscuits just in case there was no food on the train. It was hot as hell. Sweat poured down Sam, who weighed a ton and should have sweated. I sweated, too, like mad. Bogie, not a bit. Bogie's lack of sweating seemed to me a very unhealthy sign. He did drink quite a bit, but it had no effect as far as I could see. Either for better or for worse. He and Huston looked like a great team. They drank more than plenty.

While we're looking at people, let's look at Betty. I kept looking at her and looking at her. In the first place, she is young, and she has lovely, tawny skin and the most fabulous sandy hair. You have never really seen her until you've seen her in her bright green wrapper on her way to the outhouse in the early morning with her hair piled on her head and no lipstick or anything else. Her sleepy-slanty green eyes and her common-sense look and her lost voice and her lanky figure and her apparent fund of pugilistic good nature. I gazed at her and wondered whether I would go mad with jealousy as I compared our ages, skin, hair, natures. No, she didn't sweat much either. She and Bogie seemed to have the most enormous opinion of each other's charms. When they fought, it *(continued on page 213)*



After two heart attacks, Geoff Kimball took steps to save his life.

After two heart attacks and by-pass surgery, Geoff Kimball knew his life had to change direction.

What got him back on track?

His doctor.

Geoff attributes his healthy life to doing exactly what his doctor prescribes. His medical regimen includes a balanced diet, regular exercise, stress control, and taking an aspirin every day.

Geoff follows his doctor's advice. Every step of the way.

If you've had a heart attack or suffer from unstable angina, discuss a rehabilitation and treatment program with your doctor. Only your doctor can prescribe exactly what's right for you.

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BUFFERIN®

In 1977, under the supervision of his doctor, Geoff Kimball began taking the Bufferin brand of buffered aspirin, and nine years later he became a paid spokesperson for the Bufferin brand.

"Mommy, I don't feel good..."

KIDS' SYMPTOMS NOT TO IGNORE

Every mother's fear is that she will not be able to recognize a serious illness in time. Find out what your child's symptoms really mean, and when you need to seek medical attention.

As parents, all of us are concerned with our children's health. When do you call your pediatrician about a sore throat, a fever or some other symptom? How can you tell if a symptom demands an immediate trip to the emergency room or if it is something you can handle yourself? These are not easy questions to answer, and as a rule, it is better to err on the side of caution . . . even though most often there will be nothing to worry about. Of course, some symptoms, such as a high or prolonged fever, warrant calling a doctor no matter what the child's age. The following table, coded by age, lists common childhood symptoms and distinguishing features that tell you when to seek prompt medical attention.

MAIN SYMPTOMS	ALONG WITH	QUESTIONS TO CONSIDER	POSSIBLE CAUSES AND WHAT YOU SHOULD DO
GENERAL			
Difficulty breathing ▲●	Gasping, wheezing	Are symptoms independent of cold or stuffy nose? Are they getting worse?	Go to emergency room to check for asthma, pneumonia, pneumothorax (collapsed lung) or other pulmonary disorder
Difficulty breathing ▲●	Sore throat, swollen glands, fever	Is child susceptible to tonsillitis? Did symptoms worsen rapidly, and are they unrelieved by steam? Is child having difficulty swallowing?	Go to doctor or emergency room immediately to check for obstruction caused by inflamed epiglottis
Weight loss ▲	Frequent gas; abdominal swelling; loose, pale, foul-smelling stools	Did symptoms appear with recent introduction of cereal in baby's diet?	See doctor to evaluate for celiac disease, an allergic reaction to gluten (found in most grains) ▶

▲ under age five ● five and over

By Genell J. Subak-Sharpe



After years of giving people smaller electronics, Sony now makes electronics for smaller people.

Starting now, people who aren't lly grown up can have electronics at are. Because Sony® is introduc- ɜ My First Sony™—audio products at are tough on the outside, but ɔny on the inside. (Why should tiny ırs have to listen to tinny sound?)

So the Walkman® personal stereo every note a Sony. And the rest of e line also brings you Sony quality kid's sizes: the Sing Along Cas- :tte Recorder with Microphone, the easy-to-tote Radio Cassette-Corder, and the hands-free Walkie-Talkie.

What's more, our durable designs have been created especially for your creations. The controls are child-sized, and other thoughtful features include protective rubber accents and a volume limiter on the Walkman personal stereo.

Indeed, it's only fitting that after years of creating electronics that represent the next generation, Sony now turns its attention to the younger generation.

SONY®

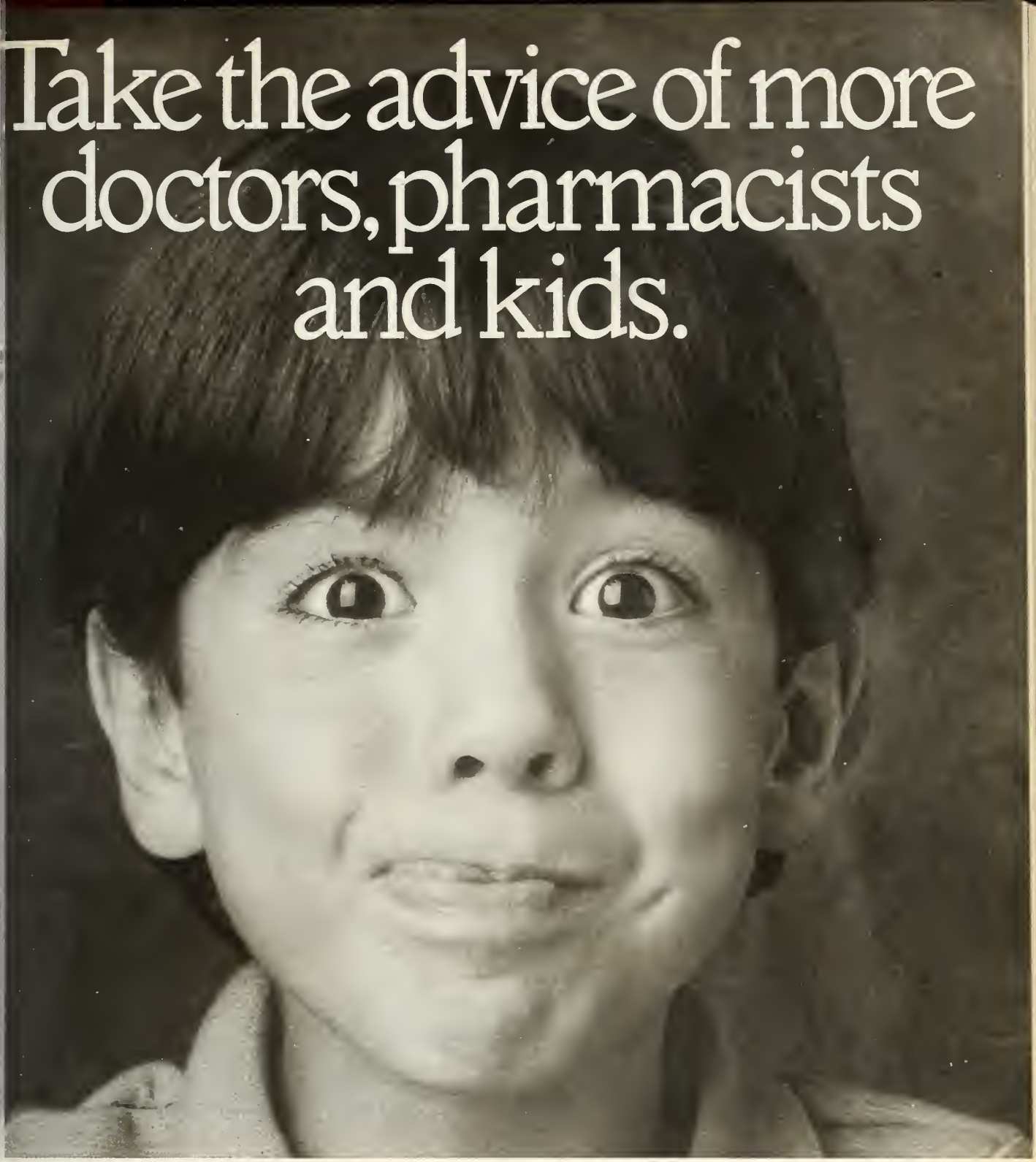
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my first Sony™

MAIN SYMPTOMS	ALONG WITH	QUESTIONS TO CONSIDER	POSSIBLE CAUSES AND WHAT YOU SHOULD DO
Weight loss ▲	Persistent cough, excessive sweoting, possible difficulty breathing or frequent respiratory infections	Is child losing weight despite good appetite ond adequate food intake? Does sweat taste very salty? Are stools bulky and greosy?	See doctor promptly to evoluate for cystic fibrosis (which is usuolly diagnosed by oge three)
Weight loss ▲●	Excessive urinotion; frequent hunger, thirst	Are symptoms occomponied by frequent mood swings? Are they occomponied by fotigue or weakness?	See doctor promptly to evoluate for diobetes
Weight loss ▲●	Swollen glonds, eosy bruising, pollor	Does child suffer from general molaise? Frequent, low-grode fever?	See doctor promptly to evaluate for leukemio, Hodgkin's disease, chronic infection, onemia or other serious illness
Failure to grow ▲	Poor muscle tone, slow pulse, hoarse cry or voice, pollor, constipotion	Does child seem to be slowing down in everything? Does skin feel cool? Is tongue enlarged, causing drooling?	See doctor promptly to evoluote for thyroid deficiency
Convulsions ▲	High fever	Did fever come on quickly and proceed to rise ropidly?	Don't try to restrain child during convulsion. Loosen clothing; place child on soft surface. If vomiting occurs, turn head to side so vomit won't be swallowed or inholed. Call doctor for instructions on lowering fever or other advice
Convulsions ▲●	Fever, chills, vomiting, stiff neck, headache, possible purplish rosh	Does child seem lethargic?	Go to emergency room or see doctor immediotely to evoluate for meningitis
Convulsions ▲●	No other symptoms	Do attocks seem to come out of the blue? Does child sometimes oppeor to have consciousness lopses?	See doctor to evaluote for epilepsy
Lumps or swellings ▲●	Abdominol poin, bloating	Is lump or swelling in groin or obdomen? Does it oppeor lorger when straining?	See doctor to check for hernia
Lumps or swellings ▲●	Weight loss, generol moloise, possible fever	Has child become more prone to infection? Is lump or swelling unrelated to injury or infection?	See doctor promptly to evoluate for chronic infection, leukemia, Hodgkin's disease or other cancer
GASTROINTESTINAL			
Vomiting ▲●	Diarrhea, fever	Hos problem persisted for more than o day or two? Does child oppeor listless and dehydroted?	See doctor promptly obout possible intestinol infection
Vomiting ▲●	Changes in behovior or level of consciousness	Has child recently had flu, chicken pox or other virol infection? Is vomiting particularly persistent ond unlike thot of post illnesses?	Seek emergency treatment for possible Reye's syndrome
Abdominal pain ▲●	Diorrheo, vomiting	Are other family members similarly affected?	See doctor to check for intestinal infection if symptoms are severe or persist for more than two doys
Abdominal pain ▲●	Vomiting, fever	Is pain constant and increased by movement? Does obdomen feel tight ond hard?	See doctor promptly to check for appendicitis, intestinol inflammation
Abdominal pain ▲●	Possible nausea ond vomiting, diorrheo	Is pain sposmodic? Has bowel function changed?	See doctor to check for intestinal worms or inflammatory bowel diseose
Abdominal pain ▲●	Difficulty urinating	Are there traces of blood in urine, or is it cloudy? Have bathroom occidents increased, or has bed-wetting resumed?	See doctor to check for kidney or urinorytroct infection ▶

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MAIN SYMPTOMS	ALONG WITH	QUESTIONS TO CONSIDER	POSSIBLE CAUSES AND WHAT YOU SHOULD DO
Diarrhea ▲●	Fever, possible blood or mucus in stool	Does the child look and act sick? Is there abdominal pain or cramping?	See doctor to check for food poisoning, intestinal infection (i.e., salmonella or amoebic dysentery), ulcerative colitis or other intestinal disorder
Constipation ▲	Fever	Has fever caused dehydration?	Increase fluids; ask doctor about how to correct dehydration
Blood in stools ▲●	Diarrhea, abdominal cramps, possible fever	Is there only a small amount of bright red blood in stool?	See doctor to check for bacterial intestinal infection or enteritis
UROGENITAL/SEXUAL DEVELOPMENT			
Premature sexual development ▲●	Excessive growth, possible hairiness	Is child under age nine? Does family have history of early sexual development? Is child big for age? Is he taking steroids or other hormone drugs?	If premature sexual development is suspected, see doctor promptly to evaluate for hormonal disorder or pituitary tumor
BONES AND JOINTS			
Painful, swollen joints ▲●	Possible rash, fatigue, difficulty breathing	Does swelling involve one or more large joints (i.e., knees)? Has child had a sore (strep) throat recently?	See doctor promptly to check for rheumatic fever
Painful, swollen joints ▲●	Fever, muscle aches, general malaise, possible rash	Are joints on both sides of body affected? Does child seem unusually passive, depressed and easily fatigued?	See doctor promptly to check for juvenile rheumatoid arthritis
Painful, swollen joints ▲●	Tendency to bleed or bruise easily	Is child a boy?	See doctor to check for hemophilia
Bone pain ▲●	No other symptoms or possible anemia, increased susceptibility to infection	Has pain persisted for several weeks? Is it localized, such as in a leg?	See doctor promptly to check for bone cancer
Bone pain ▲●	Fever, heat, swelling, inflammation in affected area	Has child recently suffered an injury?	See doctor promptly to check for osteomyelitis (bone infection)
Posture defect ●	Spinal curvature, pigeon breast, other skeletal defects	Has child recently had a growth spurt?	See doctor to evaluate for scoliosis or other skeletal-development abnormality
NERVES AND MUSCLES			
Muscular weakness ▲●	Difficulty walking	Is problem becoming progressively worse? Is child a boy?	See doctor to check for muscular dystrophy
Tics or twitching ▲●	Muscular weakness, impaired speech and gait	Is child increasingly irritable or confused? Has he recently had rheumatic fever?	See doctor to evaluate for Sydenham's chorea (Saint Vitus' dance)
Impaired brain function ▲●	Headache, lethargy, nausea, vomiting, possible convulsions, possible fever, stiff neck	Has child been bitten by a tick or mosquito? Has child recently had a vaccination or viral infection?	See doctor or go to emergency room immediately to check for encephalitis (brain inflammation)
EAR, NOSE AND THROAT			
Ear pain ▲●	Fever, irritability, headache, possible convulsions if fever is very high	Does very young child or baby tug or pull at ear or cry as if in pain?	See doctor promptly to check for middle-ear infection (otitis media)
Hearing loss ▲●	No other symptoms	Does older child speak loudly and fail to hear you call, especially if you are in another room?	Take child for hearing evaluation

▶


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MAIN SYMPTOMS	ALONG WITH	QUESTIONS TO CONSIDER	POSSIBLE CAUSES AND WHAT YOU SHOULD DO
Severe sore throat ▲●	Fever, painful swallowing, possible bright red rash, enlarged nodes in neck	Has sore throat persisted for two or more days? Is breathing difficult? Do tonsils appear red and swollen?	See doctor promptly to test for strep throat or bacterial tonsillitis
Nasal obstruction ▲●	Possible fever, mouth breathing, nasal drip or discharge	Has child recently had an upper-respiratory infection? Is nasal discharge purulent? Is it foul smelling?	See doctor to check for sinus infection, enlarged adenoids or foreign object lodged in nostril
EYES			
Squinting ▲●	Cross-eyes, impaired vision in one eye, possible white spot in center of pupil	Does child appear to see out of only one eye? Was child of low birth weight or exposed to oxygen therapy after birth?	See doctor promptly to check for strabismus, amblyopia (lazy-eye syndrome) or, in rare instances, retinoblastoma, a childhood eye cancer
Sensitivity to light ▲●	Diminished vision, possible pain in eye	Does eye seem enlarged?	See doctor promptly to check for congenital glaucoma
Dimming of vision ▲	Lens clouding, possible squinting or cross-eyes	Did mother have rubella or viral disease during pregnancy? Does child have diabetes, Down's syndrome? Have long-term steroid drugs been used?	See doctor to check for childhood cataract
Eye inflammation ▲●	Sensitivity to light, crusting discharge, possible swelling of lids, redness	Does child have other disease, such as systemic herpes infection? Does he have a history of allergies?	See doctor to find cause of conjunctivitis, which can result from bacteria, virus, fungus, allergies or vitamin-A deficiency
SKIN AND HAIR			
Jaundice ▲●	Lethargy, possible fever, dark urine, clay-colored stools	Has child recently had a viral infection, such as mononucleosis? Has he been exposed to poisons, such as carbon tetrachloride?	See doctor to evaluate for hepatitis, bile duct obstruction, anemia, infection or other disorders affecting liver
Itching ▲●	Possible rash	Could itching be from lice, scabies or other parasites? Is there hair loss? Does child have allergies?	Discourage child from scratching, which can cause infection; see doctor for examination to determine cause
Pallor ▲●	General malaise, easy bruising, fatigue, possible weight loss, possible chronic fever	Does child look and act unwell? Is child's diet adequate?	See doctor to check for infection, anemia, leukemia or other cancer
Pallor ▲●	Irritability, poor appetite, muscle weakness, vomiting, mental changes	Does child eat paint chips, or is he exposed to other sources of lead?	Have child tested for lead poisoning
Hair loss ▲●	No other symptoms	Does child pluck, rub or pull hair? Is hair loss confined to one spot, or is it more generalized? Has child had a high fever or has he taken medication, such as anticancer drugs?	See doctor if cause of hair loss isn't evident. Check for ringworm or fungal infection
BEHAVIOR			
Withdrawal ▲	Head-banging or other bizarre or ritualistic behavior; failure to speak	Does child repel cuddling and affectionate advances? Does he throw violent tantrum if routine is disrupted?	See doctor to evaluate for autism
Marked behavior change ▲●	Irritability, poor appetite, sleep disturbance, sadness, misbehavior	Has child lost interest in favorite objects and activities? Does he complain of nonexistent or vague physical ailments? Is child preoccupied with death?	See doctor promptly to evaluate for childhood depression

When you're expecting company, everything has to be perfect.



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FLOWERS all winter long





Clockwise from top left: vibrant cyclamen and dainty primula obconica, flowering houseplants; an array of forced bulbs; cut flowers used to brighten foliage plants; delicate flowering streptocarpus; forced crocus bulbs; dazzling dwarf hibiscus; a colorful African violet

Bring a touch of springtime to your home in the coldest months of the year

Winter may be fast approaching, but you can still enjoy the beauty of a flower garden—right in your own living room. With our simple step-by-step instructions, you don't need a green thumb. Choose easy-to-care-for flowering houseplants or artistic flower and plant arrangements. For something a little different, learn how to force spring flower bulbs. Your house will be filled with springlike color and fragrance—even as snow is swirling outside.

FLOWERING HOUSEPLANTS

One of the most popular ways to ensure a houseful of vibrant blossoms is to grow flowering houseplants. Below is information on five plants that will flower year after year.

CYCLAMENS Thanks to new developments by hybridizers, these plants are now more compact and easier to bring to bloom each year than ever before. Place cyclamens in a bright spot, but not in direct sunlight. *(continued on page 221)*

By Theodore James, Jr.

9 out of 10 doctors prefer the Fisher-Price Medical Kit.



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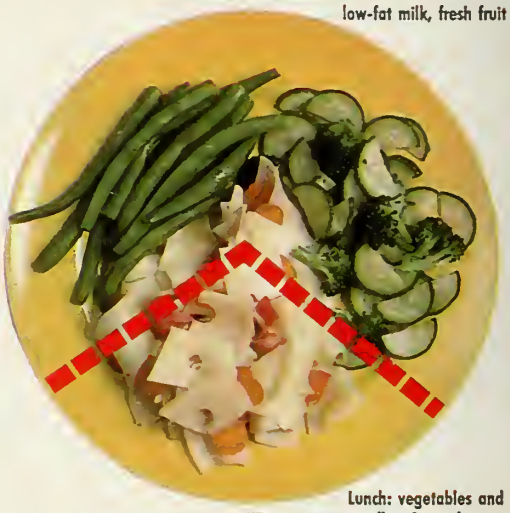
Because you're only young once.

the NO-DIET diet

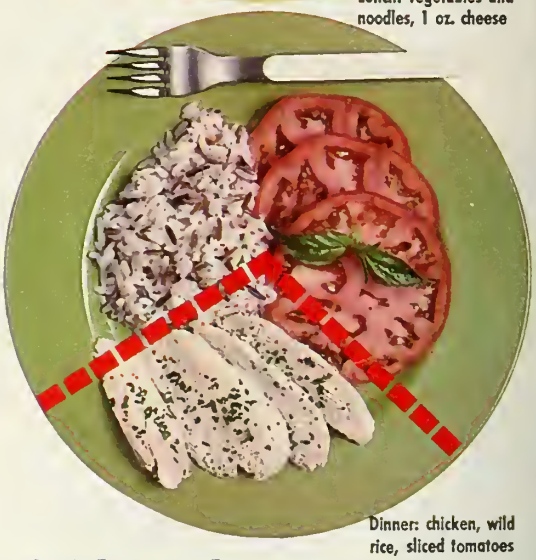
At last! No more fad diets, magic potions or pills. No more starving yourself to lose a few pounds. Instead, according to the top weight-loss experts we spoke to at university research centers across the country, all you really need are some common sense techniques for successful long-term weight loss. These foolproof tips from the pros will help you shed pounds safely and permanently.



Breakfast: cereal with low-fat milk, fresh fruit



Lunch: vegetables and noodles, 1 oz. cheese



Dinner: chicken, wild rice, sliced tomatoes

Be realistic

- Before you start a diet, make sure it is the right time for you to begin a serious weight-loss plan. If there are too many other concerns vying for your attention, you won't be able to concentrate.
- Keep a food diary and weight record for at least two weeks. According to Kelly Brownell, Ph.D., professor of psychiatry at the University of Pennsylvania, in Philadelphia, this will help you keep track of your eating habits and show you where you need improvement.
- Don't set yourself up for failure by setting impossible goals—say, losing thirty pounds in a month, says Judith S. Stern, D.Sc., professor of nutrition and director of the Food Intake Lab at the University of California at Davis. Instead, plan on losing weight in stages, such as a pound or two a week. Be sure to savor your accomplishments.
- Keep in mind that how thin you can be depends to some extent upon body composition and whether you have a biological predisposition to obesity. If your weight problem is biological, you'll need careful dietary maintenance and a regular program of exercise to stay fit.
- Learn to eat to maintain your new weight. Only after you've done that should you attempt to tackle the next ten pounds, advises Stern.

Divide and conquer

No need for a rigid food plan, says Paul Lachance, Ph.D., professor of food science and nutrition at Rutgers University. Mentally divide your plate in thirds. Fill two thirds with vegetables, fruits, grains; one third with protein—low-fat dairy products, poultry, fish, lean meat.

Additional experts consulted: Jean Pierre Flatt, Ph.D., professor of biochemistry at University of Massachusetts, at Amherst; George Blackburn, M.D., Ph.D., director of Nutrition Support Service at Harvard Medical School, Boston; Sonja L. Connor, M.S., R.D., research assistant professor of medicine at the Oregon Health Sciences University, in Portland; Mary Harris, Ph.D., professor of educational foundations at University of New Mexico, Albuquerque; Susan Schiffman, Ph.D., director of the Weight Loss Unit at Duke University Medical Center, Durham, NC; Allen S. Levine, Ph.D., associate director of research at Veterans' Administration Medical Center, in Minneapolis, Minnesota.

By Wendy Korn

Fact:

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5 great ways to add flavor

Good-for-you foods don't have to be bland. In fact, you can eliminate extra calories from your diet without sacrificing taste simply by using flavor enhancers that are naturally low cal. Instead of pouring gobs of rich, creamy sauces or melted butter on your favorite foods, try cooking with these diet-right seasonings:



- herbs
- lemon peel
- spices
- wine
- garlic

Cut out fat

If you eat the way most Americans do, more than 40 percent of your calories come from fat. Your body can't burn off all this, and the excess is stored as unwanted pounds. Reduce fat intake by eating high-fat foods (fried foods, whole-milk products, oils, untrimmed meat, gravies, baked goods, chocolate) infrequently in small amounts or avoid them altogether. Here are some easy and delicious ways to rid your favorite foods of extra fat.

instead of...



chopped chuck



pepperoni pizza



fried egg



pound cake



bagel, cream cheese

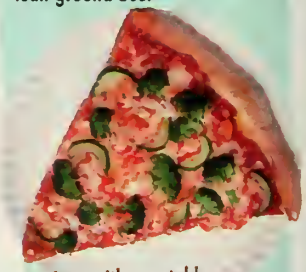


ice cream

try...



lean ground beef



pizza with vegetables



poached egg



angel food cake



whole wheat roll, smear of jelly



frozen yogurt

The exercise factor

If you reduce calories and remain inactive, your weight-loss program may backfire. That's because when you restrict calorie intake, metabolism slows and your body begins to conserve energy, explains Judith Stern. You burn fewer calories and lose weight more slowly—or not at all.

But even moderate exercise can counteract this and help you burn calories more efficiently, says Stern. What's more, the effect is sustained over time, so that your body will continue to burn calories up to eight hours or longer after exercising.

To get the weight-loss benefits of exercising, try one of the following activities for at least thirty minutes, three to five times a week: brisk walking, jogging, bicycling, swimming or aerobic dance.

Which has the most fiber?

We'll give you a little hint. The fruit with the most fiber n't a banana. Or an apple. Or an orange, a peach or a pear.

It's the humble prune. Which has more dietary fiber ıan almost any fruit— or any food—you can name.

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ɔu'd have to eat four slices of whole wheat bread. Or x peaches. Or three apples. Or two and a half bowls of ran flakes.

And prunes don't just have fiber. They're ne of the richest sources of potassium, and a ɔod source of Vitamin A. With no fat, no ıolesterol, almost no sodium, and a delicious, ne-of-a-kind taste.

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One way to serve your family prunes is at breakfast. They're delicious stewed, with a cinnamon stick and a slice of lemon. You'll find more helpful serving suggestions in our free brochure. For your copy, write to Prune Ideas, P. O. Box 882168, San Francisco, CA 94188-2168.

So if you're looking for a sweet way to get more fiber ı your diet, try California prunes.

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The food-mood connection

Psychological stresses—new-mother blues, tension at work, worry over finances—often cause us to turn to food for comfort. But don't open the refrigerator and start eating everything in sight. Instead, try to keep some control over what you eat even when you're feeling low, says Judith Wurtman, Ph.D., research scientist at Massachusetts Institute of Technology, in Cambridge. In her book *Managing Your Mind and Mood Through Food* (Rawson Associates, 1986), Wurtman suggests choosing comfort foods that are high in carbohydrates and low in fat. Carbohydrates can actually produce a positive mood change by triggering the release of a brain chemical, serotonin. Next time you need a soothing treat, opt for:



- graham crackers
- tea with honey
- pasta with marinara sauce
- popcorn

Slimming strategies

- Control cravings. The next time you get an urge for a hot-fudge sundae—after you've just eaten a big dinner—try to distract yourself from the craving, says Kelly Brownell. Brush your teeth and take a walk or get involved in a project.
- Beat the binges. Include some small amounts of favorite foods in your diet program so you won't feel deprived. But instead of diving into a bag of cookies, treat yourself to two and then stop.
- Avoid temptation. If you usually munch while you watch TV, confine all eating to the kitchen.
- Diet with a group, suggests Martin Katahn, Ph.D., director of the Weight Management Program at Vanderbilt University, in Nashville. You'll get lots of support by dieting with family members, co-workers or friends.



Fill up on fiber

- celery and carrot sticks
- apples
- bran cereal
- plain popcorn
- rice cakes
- baked potato
- grapes

To help keep yourself satisfied, eat fiber. According to some experts, fiber absorbs water and helps you feel fuller longer. Try to eat low-calorie, high-fiber foods, such as those above, at every meal or between meals in place of other snacks. Bonus: Not only will fiber promote satiety, it also helps food pass through the intestines more quickly and regularly, thus preventing and remedying a variety of digestive problems.



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Do you feel like his MOTHER or his WIFE?



Sooner or later, most women run into him. He is charming and witty, proud and independent, perhaps even enormously successful in his career. But under that self-confident exterior, he is a little boy. And he has never really grown up.

Such a man is also often demanding and irresponsible, helpless and self-absorbed. Insisting that he wants to be close, he shrinks from commitment. And though he may deny it loudly, he is often acutely indifferent to a woman's needs. This man wants a mother, not a wife.

Take, for example, Carol and David. Carol, a speech therapist, thought she had found her ideal man in David, a lawyer. Tall and easygoing, David liked the same things Carol did, and the two dated seriously for six months. When David was hospitalized with a bleeding ulcer, Carol visited him twice a day.

"I brought ice cream and other little treats," she recalls. "David loved it when I did things for him." They married soon after, and within a year, their daughter Jessie was born. Though Carol *(continued)*

Your husband promises to take you out for dinner on your birthday. When the day arrives, the two of you:

a) go to your favorite restaurant
b) go to *his* favorite restaurant
c) stay home; he says no one can cook for him the way you do

You're at the office, and your husband calls to ask you to cancel his dental appointment. You:

a) tell him to cancel it himself
b) wonder why he can't call the dentist but do it yourself anyway
c) don't think twice about canceling; he likes you to do these things for him

After a week away visiting your mother, you come home and find that your husband:

a) vacuumed the rugs and bought enough food for the weekend
b) fed the dog but forgot to take out the garbage
c) left a week's worth of dishes for you; he isn't sure how to run the dishwasher

If you answered "c" or even "b" to any of these questions, it's high time you both learned how to help *him* grow up.

By Cheryll K. Ostrom

You can tell high blood pressure by these symptoms:

_____

_____

_____

_____

_____

(Very often, there are none!)

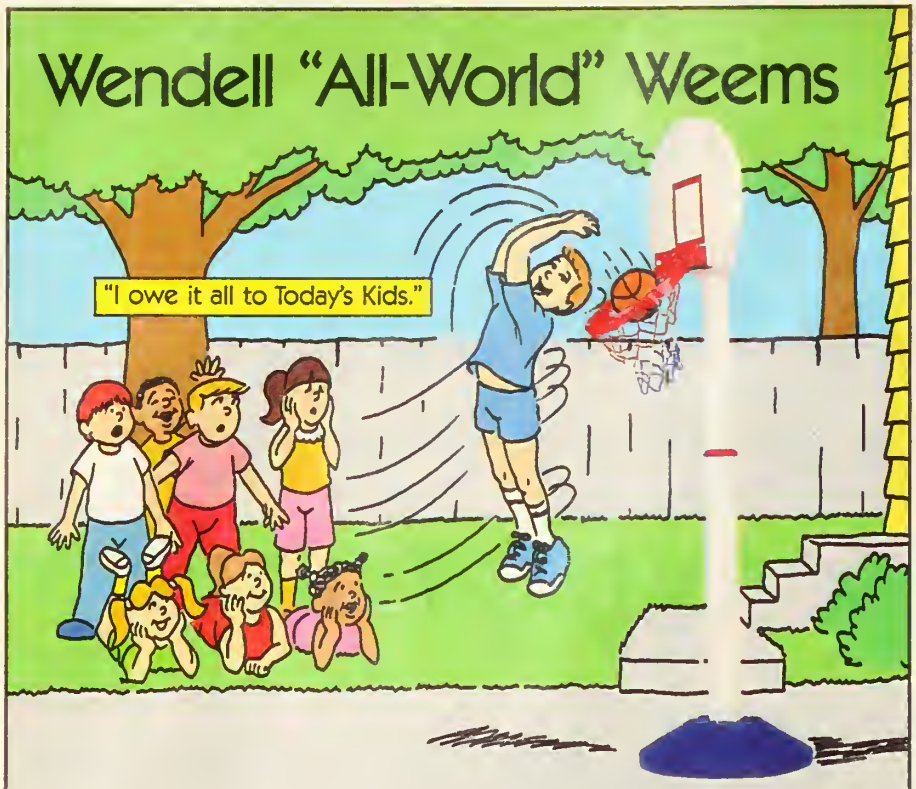
It's hard to believe that over 35 million Americans have a dangerous disease...very often without a symptom. But that's what high blood pressure (hypertension) is like. A hidden illness, yet one of the easiest to detect—and to treat. Untreated, it can affect your brain (stroke), your vision, heart (infarction), blood vessels and kidneys. Anyone can be affected, although factors such as age, sex, race or family background play a role.

Fortunately, there's plenty that can be done to treat this condition. Only your doctor can diagnose hypertension, but you can help head it off through healthier living—reducing weight, cholesterol, salt intake, stress, anxiety and stopping smoking. An improved lifestyle, and blood pressure-controlling medicines can substantially lower your risk for heart attacks and stroke. But the first step is to see your doctor.

For a poster-sized reprint of this message, write: Pfizer Pharmaceuticals, P.O. Box 3852LHH, Grand Central Station, New York, NY 10163.

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MOTHER OR WIFE
continued

was swamped with the responsibilit of new motherhood, she continued supervise David's diet and make su he was taking his medicine.

"When our second daughter w born the following year," Carol sa with a rueful laugh, "I just added h to the list of people I took care of."

But as Carol found out, a tough- break pattern had already develop in their relationship. David, like ma husbands in such a marriage, mained childish even after his ov children had grown up.

"The girls are in high school nov says Carol, "and I spend less time ta ing care of them than I do David. I st have to coax him to do things shouldn't have to be told to do, li take his clothes to the cleaners, b new socks or pick up milk when need it. I've been a mother lo enough, but David is furious with r for wanting things to change."

To a certain extent, David's anger understandable. "Carol is breaking t couple's established contract abo how they are going to interact," not psychotherapist Mara Gleckel-N than, Ph.D., director of the Wome Counseling Service of New York a Family Therapy Associates, Inc. "D vid doesn't know what the new rel tionship will be like, and he's frigh ened of the change."

The mother trap

Ironically, while many women feel a ger and frustration at being trapped the cycle of constant caretaking, th may unconsciously want—indee need—to continue the pattern.

"Women are innately nurturing says psychiatrist David Schalke M.D., medical director of the Wilso Center, in Faribault, Minnesota. "A since loving someone means takin care of him, they want to take care their husband."

The typical wife of a spoiled ma says New York psychologist Doroth Flapan, Ph.D., is "used to assumin responsibility—perhaps she was th oldest child, who helped her moth with younger siblings. She's competen and conscientious, but she may als have a need to feel in control." Flapa notes that women whose parents die or who had to care for a physically emotionally dependent parent ma also develop a motherly attitude t ward their husband.

These women may look for men wh are hardworking and successful- men, it appears, who will take care them. When these women enter a rela tionship, however, they revert to th

etaking behaviors that were suc-sful for them as children.

The wife actually becomes depen-t on the dependent one," says Mara ckel-Nathan. "She can rely on the t that her husband needs her; she sn't have to fear rejection."

But such security has a price. "When husband shows his weak-little-boy e, the wife often gets turned off sex-ly," Gleckel-Nathan says. And a band who subconsciously sees his e as a second mother, she adds, may ntually be unable to think of her in exual way.

When children are added to the ation, the spoiled husband may npete with his children for his wife's ections. As a child, such a man rned a "script," a specific way to act receive attention. "So," Gleckel-Na-an notes, "though on one level he ows it's immature, on another he ls abandoned."

Buried rage

ce a wife sees that her husband is amant about refusing to look after nself, the stage is set for a vicious cle of rage, according to Anne Wil-n Schaef, Ph.D., a psychotherapist in ulder, Colorado. The wife grows an-ier at her husband for being depen-nt, while he becomes increasingly hostile as he senses that she doesn't want to pamper him anymore.

He may also be far too willing to point out flaws in the woman he has come to regard unconsciously as a combination of mother and wife. "Last year I had a problem at the store," says Liz, who owns a florist's shop in her hometown. "Tom criticized me for not running the business more professionally. So I threw myself into it. Then he started complaining that I was neglecting my duties at home, and he ordered me to pay more attention to them and to him. I was furious—and torn between work and home."

For the first time in her twelve-year marriage, Liz refused. "I told Tom, 'I want us to be husband and wife, companions sharing responsibilities.' It was the hardest thing I ever had to say to him. But Tom still tries to make me feel guilty."

Ron Johnson, M.S.W., president of the Family Service Association for Orange County, California, says that Tom, like David, "didn't want anything to change, so he tried to manipulate his wife in the same way a child manipulates a parent."

While Liz shouldn't let herself be manipulated, Johnson adds, she must "give her husband time to adjust to the change in their relationship."

Johnson believes that men like Tom may be trying to recapture in marriage the security they had as the son of an overly protective mother. "Men who have had close—not necessarily healthy but emotionally close—relationships with their mother tend to seek spouses who will replace her."

Even men who don't show this degree of dependency may be used to having someone wait on them—and expect their wife to do the same. "Mothers run to bring little Johnny something," Gleckel-Nathan says, "even when he can get it himself. This is the conditioning men have."

Still other men, whose mothers may have died or been ill during much of their son's childhood, or who simply were cold and emotionally rejecting, may have nurturing needs that are impossible to fill. "Motherless men miss an important step in their emotional development," explains Schalker. "And unless that child's needs were met by the father or another consistently nurturing adult, he may have some real trouble in forming mature adult relationships."

Time for a change

However, while it's possible for couples to break out of this destructive mother/son cycle, it *(continued on page 181)*

The secret life of Alfred Kirven



When the grown-ups were gone, Alfred's Busy Center™ became a submarine, in which he would chase enemy ships from his living room. *With step, slide and a variety of imaginative play activities for your toddler. To find Today's Kids toys, call 1-800-258-TOYS for the store nearest you.*

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MEDINEWS

By Beth Weinhouse

talking turkey

Tough-turkey syndrome The last place any of us want to be on a holiday is in the emergency room, yet that's where many people wind up as a result of Thanksgiving dinner. "Ten to twenty percent of emergency-room visits on Thanksgiving are due to tough-turkey syndrome, which occurs when a piece of dry, fibrous turkey gets stuck in the esophagus [the passageway between the mouth and the stomach]," says Stephan Lynn, M.D., corporate director of the department of emergency medicine at St. Luke's/Roosevelt Hospital Center, in New York City. "It feels a bit like heartburn—a burning, stabbing, sticking pain and discomfort between the chest and the throat." Victims tend to panic, terrified that they are choking or suffering a heart attack. (Choking, however, occurs when food gets stuck in the *windpipe*, not the esophagus. A choking victim will have difficulty breathing and speaking, will sputter and cough.)

The best thing to do for tough-turkey syndrome, according to Dr. Lynn, is to keep calm, sit upright . . . and wait. The food will frequently pass down to the stomach on its own. The *worst* things to do are to use the Heimlich maneuver, or to try washing the food down with fluid or more food (which can cause vomiting). If the problem hasn't gone away in an hour, see a physician or go to the emergency room.

Thanksgiving hotline November is National Diabetes Month, and to help people with this disease prepare holiday meals to accommodate their diets, Cumberland Packing Corporation—the maker of Sweet 'N Low sugar substitute and Butter Buds butter substitute—is sponsoring a toll-free hotline staffed by nutritionists. The hotline will be answered during the month of November, Monday to Friday, from 9 A.M. to 5 P.M. eastern standard time. The number is 800-231-1123. In New York State, call 800-336-0363.

A new cause of arthritis discovered

There are many known causes of arthritis. Recently one more was added to the list: chlamydia. According to Dr. Josh Dixey, of London's Westminster Hospital, chlamydia bacteria—which are responsible for the most common sexually transmitted disease in this country—may also be responsible for a previously unexplained form of arthritis. "There's no doubt about it. Chlamydia is a very common cause of arthritis in young people," says Dixey.

The bacteria cause joint pain that usually lasts for six months but can persist for years. Until more is known, cases of this type of arthritis will continue to be treated with painkillers and anti-inflammatory drugs.

when to exercise with the sniffles



If you're looking for an excuse to skip your aerobics class, a runny nose just might be it . . . but then again, it might not. It depends on what's causing your sniffles.

If your symptoms are due to an allergy, exercise can actually help relieve congestion. Aerobic exercise increases your heart rate and stimulates the production of adrenaline, a natural decongestant. The adrenaline causes the blood vessels in the nose to constrict—the same effect you get from an over-the-counter decongestant. In fact, "the more athletic a person is, the better his nose functions," says David Fairbanks, M.D., spokesperson for the American Academy of Otolaryngology–Head and Neck Surgery.

On the other hand, if you've got a stuffy nose caused by a cold or flu virus, and you feel tired, feverish or achy, exercise can make you even sicker, according to a report in *Physician & Sportsmedicine*. When you are congested, your respiratory muscles must work harder than usual to provide enough air for exercise. That can cause fatigue and discomfort and make your cold even worse. (If you have a very mild cold, however, exercise probably won't do any harm.)

THE GREAT AMERICAN SMOKEOUT

The American Cancer Society is encouraging Americans to take a breather on Thursday, November 19—the date of the eleventh annual Great American Smokeout. Smokers are urged to celebrate the event by saying no to cigarettes for twenty-four hours.

Last year 24 million Americans participated in the Smokeout: 7 million got through the day without a cigarette, and 17 million more cut down. This year, why not join them?

SMOOTH SKIN & estrogen

Studies have shown that estrogen replacement therapy (ERT) can help prevent unpleasant symptoms of menopause, such as hot flashes. Now new studies are showing that estrogen has other benefits as well. According to a report from the American College of Obstetricians and Gynecologists, postmenopausal women who receive ERT can maintain and even restore premenopausal levels of skin collagen. The investigators believe that besides helping to keep skin healthy, collagen also helps prevent osteoporosis, since collagen is the connective tissue of both skin and bones.

Tohru Nakamura

Finally, protection Mom and I can both live with."

June Allyson



When my mother suffered a stroke, I learned firsthand how hard a caregiver's role is. Maybe the hardest thing of all is coping with the leakage accidents that so often occur. But with new Depend fitted briefs, we don't have to worry about accidents. At last, there's a brief with protection we can live with.

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New DEPEND® Fitted Briefs.

Because a better fit means better protection.

By Mary Mohler

VIDEO roundup

We selected ten of the year's best

The Nutcracker (Paramount) This version of the classic ballet has a slightly different plot and comic/horrific costumes by children's author Maurice Sendak. (Some costumes might scare young children.) Four and up. $19.95.



©MCMLV The Walt Disney Company

***Lady and the Tramp*: the Disney classic about love for the underdog**

The Little Prince and Friends (Pacific Arts Video) Adaptations of *The Little Prince*, "Rip Von Winkle" and Leo Tolstoy's "Where Love Is, God Is" (retitled "Martin the Cobbler") are featured. Animated clay figures capture the fantastic nature of the original stories. Six and up. $19.95.

ABC Multiplication Rock (Western Publishing) For over a decade, ABC's *Schoolhouse Rock* taught children the multiplication tables with the witty and funky songs on this video. Here's to the next generation. Six and up. $9.95.

Shari Lewis Presents 101 Things for Kids to Do (Random House) Kids learn how to keep occupied while Mom and Dad take a rest. Six to twelve. $19.95.

Rudyard Kipling's Just So Stories Vol. II (Vestron) Combines the ancients' wonder of nature with a fine British sense of the ridiculous. Five to ten. $29.98.

Five Lionni Classics: The Animal Fables of Leo Lionni (Random House) Cut-out figures slide whimsically across the screen in these tales. Three to nine. $14.95.

The Tin Soldier (Hi-Tops) Animation is complemented by Christopher Plummer's narration. Four to nine. $12.95.

My Sesame Street Home Video Series (Random House) Old favorites from the TV show plus new skits that are just as good. Seven and under. $19.95 each.

Lady and the Tramp (Disney) The one and only. . . . Four to ten. $29.95.

The Walt Disney Classic Cartoon Series Volumes 1-10 (Disney) Mickey, Donald and Goofy—as you remember them. Four to eight. $14.95 each. —JEFF BLISS

Age recommendations by Martha Dewing, editor-in-chief of *Children's Video* magazine

THE 12 ABSOLUTELY WORST WAYS TO DISCIPLINE

- **Nag: If it's worth saying once, it's worth saying a thousand times.**
- **Beg, plead and cajole: "Please, please, please go to bed so I can get some rest."**
- **Threaten (without following through): "If you do that one more time, you're really going to be in trouble."**
- **Ask rhetorical questions: "Why won't you ever listen? How many times do I have to tell you to stop that?"**
- **Use hostile put-downs: "You're impossible. You never do anything right."**
- **Give long lectures.**
- **Berate a child in front of his friends.**
- **Yell and scream—extra volume lets him know you mean business.**
- **Never overlook any misbehavior, no matter how trivial.**
- **Compare with a sibling: "Jenny manages to keep her room clean—why can't you?"**
- **Bring up any previous infractions of the rules whenever possible.**
- **Always use overly severe punishment: Ground him for six months for coming home an hour late.**



Teen suicide
the sobering facts

By the time you have finished reading this story, another teenager will have tried to commit suicide.

It's shocking and deeply disturbing, isn't it? The suicide rate for fifteen- to nineteen-year-olds has tripled in the last two decades—to five suicides and about five hundred attempts every day, according to the Menninger Clinic of Albuquerque. What's worse, experts think the actual numbers are far higher than what's reported, because in some states a death is not classed as suicide unless a suicide note is found.

Parents who think their teen is too talented, happy or well adjusted to ever think of suicide should note the results of a poll taken by *TeenAge* magazine: Of some five hundred respondents, 73 percent said they have contemplated suicide, and 70 percent know someone who has attempted it. "There's really no socioeconomic profile of the 'teen most likely to,' says Joe Sanders, M.D., chairman of the committee on adolescence of the American Academy of Pediatrics (AAP). "The only clear, consistent factor is depression, coupled with some triggering event."

But given the moody and withdrawn nature of teenagers, it's difficult to tell when they are depressed. And the catalytic event might be something like breaking off a romance, being replaced as the editor of the yearbook or failing a test—setbacks, to be sure, but not things adults consider earth-shattering.

Can parents do anything to help their children? Yes, says Sanders. First, remember that no teen is immune to the allure of suicide, and that teenagers should be watched more closely at some times than at others. Suicides tend to be seasonal—the worst times are around Thanksgiving and in the spring—and they tend to occur in clusters. In *(continued)*

Peter Spacek

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(continued) the four weeks after the joint suicide of four Bergenfield, New Jersey, teens last March, for example, there were thirty-five imitations nationwide.

Furthermore, adolescents are rarely subtle about suicidal intentions. But to understand the clues suicidal teens give, parents must be involved with their youngsters and aware of what's going on in their daily lives.

THE FOODS KIDS CHOKE ON MOST:
grapes
hot dogs
candy
popcorn
raisins
peanut butter
—American Academy of Pediatrics

There's nothing wrong with parents initiating discussions about depression and suicidal feelings. It won't give teens the idea. Rather, such a discussion will help kids talk about their feelings and voice their concerns.

Most important, take very seriously any mention of suicide—even a veiled one, such as "I wish that I'd never been born." Following is the AAP's list of the warning signals that often precede a suicide attempt. If your teens or their friends exhibit any of these signs, don't assume they'll get over it. Get help.

- **Preoccupation with death**
- **Changes in eating or sleeping habits**
- **Unexplained or unusually rebellious or disruptive behavior**
- **Depression and withdrawal**
- **Running away**
- **Persistent boredom or difficulty concentrating**
- **Drug or alcohol abuse**
- **Failing grades**
- **Unusual neglect of appearance**
- **Radical personality change**
- **Psychosomatic complaints**
- **Giving away prized possessions**
- **Expressing suicidal thoughts, even in a joking manner**

If you think your teen has a problem and you don't know where to turn, call the American Association of Suicidology at 303-692-0985 during normal business hours (Mountain Time) for a referral to a crisis center in your area.

understanding KIDS

BY LAWRENCE BALTER, PH.D.

I am pregnant, and I plan to have the baby share my older child's room (he'll be two when the baby is born). It's a pretty big room, but do you think the older child will feel pushed around? What can I do to help make this easier on him?



Dr. Balter is a psychologist and a professor at New York University. He hosts a call-in radio program on WABC Talk-radio and is the author of *Dr. Balter's Child Sense* (Simon & Schuster, 1985).

I think the situation is certainly workable and not necessarily a big problem for the older child, but I would begin to make changes in the room now. Your incursions into what has been his territory alone should be very gradual. Start by simply designating the baby's area by filling the spaces with a few cartons of disposable diapers or other baby paraphernalia. Once your son becomes accustomed to the occupied area, it will be easier for him to accept the newcomer. Eventually, an unoccupied crib can be moved in.

If the new arrangements make it necessary to transfer your child to another section of the room, do that now and let him participate. Although he's still too young to decorate this area, let him know it's really his space by allowing him to personalize it with some of his favorite things.

Think ahead now to a time when your children will be older. Make sure that the furniture arrangement permits some shared territory as well as some private space that can be off-limits to the other child and his playmates. Keep the area flexible so you can modify it as their needs change.

Because your children are going to be in different stages of development, their tools—toys, books, tapes, et cetera—won't be the same. These differences have to be maintained, and personal property must be respected. Likewise, greater privileges will come with seniority—for example, later bedtimes and different TV viewing. One way to deal with children's dissimilar schedules is to keep the sleeping area separate from the play and work area. Room dividers such as bookcases or desks are functional as well as decorative.

October is Computer Learning Month. Did you know 15 million U.S. families have home computers; what's more, in the last five years the number of schools that use computers leaped from 18 to 96 percent.

There's no question that accommodating the needs and privileges of two children is difficult. Establish rules and procedures early (and try to anticipate problems) so that your children will accept this routine.

It's possible that in spite of your best efforts, they may not be compatible. If their styles are radically different, you may have to abandon the idea of a shared room. I think gender should be a consideration, too. As children of the opposite sex get older, it's desirable for them to have separate rooms.

By approaching reorganization thoughtfully, you will minimize difficulties. Of course, your older child may still feel pushed around. But remember, too, that he may enjoy having company. Beware when they team up!

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FICTION

A NEW ACT

Our favorite funnyman has put down his mike to pen a highly unusual boy-meets-girl love story. Read it and wonder



By Milton Berle

Larry Daniels was in love. He had never been so much in love. When he saw the young brown-haired girl get on the train in Philadelphia, he was so smitten, he stopped thinking about his opening in Baltimore that evening.

Larry Daniels spent most of his time thinking about the act—a funny opening line—timely, maybe—but something that would show he'd prepared—and a new routine or two. Some comedians walked into a town and tossed off the same act they did in every other town, without adding as much as one new line.

Larry Daniels prepared. His opening monologue told the audience "I care. I try hard. This is especially for you folks."

For an opening in Baltimore or Washington or Boston, Larry Daniels took the train. Generally, the ride was pleasant. It gave him time to think about the act. Today he was just about finished with the opening monologue. Some local lines were next *(continued)*

Donna Day



"IT'S THE HEAVIEST DAY OF MY PERIOD, AND I'M NOT WEARING A TAMPON OR A THICK PAD...."

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A NEW ACT
continued

on the agenda. His schedule, of course, fell apart when he fell in love.

Passing by Larry Daniels on her way to the middle of the car, the young brown-haired lady dropped a fast smile, one voyager greeting another and nothing more. Larry Daniels wasn't satisfied. He wanted her to stop and drink in his need to look forever at her small, round face. He wanted to feel kisses from her bowlike lips. He knew that her kisses would be moist and a little cool against his skin. He gazed at the jagged design of her gray ski sweater. She was twenty-two, and her name was Heather. Or Jamie. Or Shana. She had an incredible figure. Her legs were slender. She was a Pepsi ad. The truth was, and it frightened him a little, that Larry Daniels didn't care if her name was Shirley and her legs were spindly with shapeless calves and she had no bosom. Larry Daniels was totally in love.

Larry Daniels did not question why he'd fallen in love. He only knew that he'd looked at the clean-scrubbed face and suddenly felt that he was in an ice-cream parlor that served a thousand flavors.

From behind him, Larry Daniels then heard the rustle of her backpack being pushed into the luggage rack. He forced himself to turn around.

Her backpack finally stowed away in the overhead luggage rack, the young brown-haired lady sighed victoriously. She closed her eyes, but after a few moments, detecting a presence, she opened them again. The young man stood over her. Motioning for her to remain calm, Larry Daniels said, through a chuckle, "Look, Miss, don't scream."

"I don't often scream," she said.

"Hear me out; then if you want me to buzz off I will."

"I'd like a nap before I get home. I want to look good for my folks."

"My name's Larry Daniels. I'm twenty-eight. I'm six-one. I'm a little thin, but I'm strong. I have good hair. I'm telling you all of this because I think I love you."



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"This beats— Have we met?"

"We've never met. I'd have been in love with you already." He took his first breath in a minute and went on, "Am I going at this all wrong?"

"I've never been picked up this way before." He wasn't bad-looking.

"Are you embarrassed because other people are in the car? If I'm embarrassing you, I'll go back to my seat and myself." Still in the ball game, L Daniels slithered into the seat a the aisle. After a moment he unc "Are you going to tell me your na

"Melissa."

"Oh, yeahhh." Melissa was o the good names.

"Is that all right with you?"

"It's fine. Just fine."

"Don't call me Missy."

"Never. We'll be married a hun years; you'll n hear me call Missy."

"If you sat ne me, the rest of people on the t wouldn't hear life stories."

Larry Da inched his way the proffered trying hard no brush against lissa's knees. thing you'll find about me—I d I'm told."

"I can see t You're funny. never met any like you. What you do when yo not on a train?"

"I'm a comed One of the best the low-priced fi I'm opening in timore toni Please come."

"I promised folks the w weekend."

"I'm sensatio on the floor. Do like Robin liams? If you you'll love me."

Larry Daniels Melissa about whole life—wha meant to grow u a small town Jamestown, N York, where Luc Ball came from, how Daniels was his real name, he was Polish his real name had about ten Zs in and what it meant to always be on verge of breaking through, and e the painful confession that he'd b married once. "When I was twen four," he explained. "She was a dan at a club in Buffalo. We were b dumb. Melissa, have you ever b married?" *(continu*

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- 2 cups *Kellogg's® Raisin Bran* cereal crushed to 1½ cups
- 1 cup whole wheat flour
- 1 cup all-purpose flour
- 1 teaspoon baking soda
- ¾ cup margarine, softened
- ⅔ cup granulated sugar
- ½ cup brown sugar, packed firm
- 2 eggs

1. Stir together *Kellogg's® Raisin Bran* cereal, flours, and soda. Set aside.

2. In large mixing bowl, beat margarine, sugar and brown sugar until light and fluffy. Add eggs. Beat well. Add flour mixture. Mix thoroughly. Drop by level ¼ cup measure onto ungreased cookie sheet.

3. Bake at 325°F for 12 to 14 minutes or until lightly browned.

Yield: 16 cookies. 1.6 grams of fiber each.

For more delicious fiber-rich recipes, send for the free booklet, "Kellogg's Fiber Fun Recipes for Kids." Kellogg Company, Dept. M-7, 235 Porter St., Battle Creek, MI 49016.

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There's a secret to creating extraordinary chicl



A NEW ACT
continued

"I lived with somebody for a year."

"I don't care. You're mine now."

"How many kids do you want?"

"Eighteen—that is, unless you don't like children."

"Eighteen?"

"If you don't like kids, we'll get a cat. A dog? Guppies? Forget pets; we'll get a plant!" Larry Daniels put his open hand to the sides of his head as if to indicate his brain was being gripped in a vise. "Melissa, tell me something about yourself before I explode."

"I went to the University of Pennsylvania. Is that interesting?"

"What kind of dry cereal do you like? Do you go to clubs? Do you like comedians? Please like comedians!"

"I watch David Letterman."

"That's a good start." His voice took on a sudden urgency. "Do you think I'm clowning around?"

"Are you suggesting I'm supposed to take this seriously?"

"I'm so serious, it hurts." He formed his hands into a circle the size of a soccer ball. "I've got about ten pounds of serious inside my gut right now."

"You look serious."

"I wish this train had an X-ray machine. You'd see a chunk of serious!"

"Larry, you're scaring me."

"Sorry. I don't want to scare you. No, ma'am, that's the last thing I want to do." He sat back in silence.

Melissa watched Larry Daniels start to disappear into himself. Finally, catching him a moment before he was gone, Melissa said, "What do you know about me?"

"You look great in ski sweaters."

"I could be in love with someone else."

"Nope. You broke it off."

"I could still love him."

"God wouldn't do that to me."

Melissa smiled broadly. "Can you keep a secret?"

"I'll epoxy my lips together."

"I think I'm as insane as you are."

"If you tell me you love me, too, I'll believe you."

"I'm not in love with you . . . yet."

"We have another hour and a half before we get to Baltimore."

"My stop is Arbor."

"What's Arbor?"

"I live in Arbor."

"Melissa, did they put you on this train to make men crazy?"

"I live in Arbor. The train stops there for almost an hour."

"I honestly thought I was getting to you. I've taken this train ten times. It never stopped at a place called Arbor. There is no town called Arbor. I'll just pretend that you never mentioned i

"I never mentioned it," Melissa s sadly.

Larry Daniels started to speak, his tongue fought the words. shrugged. "You bumped my timin had such a good roll going."

"Let's just sit quietly for a few m utes," Melissa suggested.

"It might help me get back track"—he screwed up his face t and added, doing his Groucho Mar "which is more than I could ever for Amtrak."

Melissa scrunched up her nose fr a million miles away. Humbly, La Daniels shut his eyes.

The absence of train motion woke h His eyes focused on Melissa standi plumping the backpack on the seat front of them. Almost grudgingly, M lissa said, "Arbor."

Sleep-dazed, Larry Daniels tried look out of the window. A train stat formed, and beyond it, traffic filled t street. "Now I'm dreaming, right?"

"You have an hour. They add tra from the west. Would you like to the city?"

Larry Daniels surrendered. "I h it's beautiful."

"It is pretty."

"Can I go home and meet your fath

ches. But this is all you need to know.



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Golden Honey-Glazed Chicken

3½–4 lb. chicken, cut up
½ cup Lea & Perrins White Wine Worcestershire
3 Tb. honey

Preheat oven to 350°F. Rinse chicken well and pat dry. Place on a rack in a shallow baking pan. In a mixing bowl, combine Lea & Perrins White Wine Worcestershire and honey. Coat chicken with mixture and bake 35-40 minutes, basting occasionally, until chicken is golden. Serves 4

Note: Also delicious for Cornish hens and turkey.

For a free recipe book, write to Lea & Perrins, P.O. Box 1579, Ridgely, MD 21681

tell him that I want to marry you?"
We live too far out of town."
'll write to him."
Would you like to see downtown? have a giant mall."
. love malls. I never miss a mall. issa, what I'd really like to do is ke love to you. Right now."
In front of everybody?"
Everybody'll be gone in a minute. ey're all going to the mall."
We have a beautiful nightclub."
That beats making love."
It's brand new. My uncle is one of owners."
Could we sit in a booth and hold ids? I'm going to die if I don't put arms around you soon."
You're rushing me. I can't be hed."
I have fifty minutes to put my life order. I have to rush."
I think you'd like our nightclub."
Wouldn't it be something if this ole adventure was thought up by ne agent trying to get me to play s town for short money?"
I don't know what that means."
It means my sun is slowly sinking the west. Let's go see this down-vn. I'll never forgive myself if I don't to see the Arbor Copacabana."
'It's the Rainbow Room."
'That's Spanish for 'rainbow room.' "

"I don't know if I like you anymore."

"I always sound like a brat when I'm hurting."

From the taxi they drove in, Melissa pointed out the stationery store in which she had worked her senior year in high school, the midtown post office where her father would be sorting mail if he hadn't broken his leg and the office of a dentist who'd tried to get fresh with her a year before.

They were halfway to the Rainbow Room when Larry Daniels forced himself to look at his watch. "Are you sure the train hangs around for an hour?"

"How important is it to you?"

"Baltimore needs me. Without me this weekend, Baltimore has no show business."

"They can find somebody else. Please stay here."

"It certainly would be a weekend to remember."

"I mean it."

"You're teasing the boy comic."

"I mean it. Stay here permanently."

"Like in forever?"

"Forever."

"Forever is a long weekend."

"I know you can become so important here."

"This is a gag, right? Somebody hired you, right?"

"Do I sound like some kind of a joke? This could be a whole new life."

"But what about my apartment in Manhattan?"

"You said you hate New York."

"I walk two blocks from the subway I fight for my life. I get into my apartment I kiss the air because I made it back alive."

"You said you were spinning your wheels."

"Yes, sir, this is a big fat gag." He saw tears form in Melissa's eyes. "A big fat gag with tears and everything." Anguished, he continued. "Okay, it's for real! That's heavy decision making. You're not going to believe this, but it doesn't come up every day. Doesn't it take time?"

"You fall in love fast."

"Once! How do I toss the coin? I never heard of Arbor until a half hour ago. Who do I know here? What's the name of the street we're walking on? Or next to? I don't even know if you can buy *Variety* here. I got a stack of I don't know's that could choke two horses."

"I love you, Larry Daniels."

When he took his garment bag out of the locker at the station, Larry Daniels decided not to look back. He didn't want to see Melissa standing, framed against the city. He knew also that she would no *(continued on page 204)*



Courtesy ABC

Newly slim, trim and brimming with energy, Dolly Parton offers her unconventional views on style, men and her greatest challenge—her very own TV show

A DIFFERENT Dolly

By Mary-Ann Bendel

Golly, Dolly sure is thin. Dressed in skin-tight, size-zero jeans that hug her seventeen-inch waist, she looks like she might topple over the next time a strong wind blows. Of course, it doesn't help that her bosomy five-foot-two, ninety-five-pound frame is teetering on five-inch stiletto heels.

"People forget that I'm just a tiny little person with tiny little bones," Dolly says as she relaxes in the penthouse offices of her Los Angeles production studio. "My little back ain't as wide as your hand. But for a while, I was so heavy. And because I have a big personality and a big mouth, people thought of me as a very big person. They're shocked now when they see me. They think, Gasp! I had no idea you're so tiny."

The new Dolly is not only thinner, she's wiser *and* tougher than ever. She may look fragile, with her slim, slim legs and Scarlett O'Hara waist, but don't *(continued)*

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DOLLY PARTON
continued

be fooled. At forty-one, this dynamo has taken control of her life and forged ahead in new directions. In the last few months, she not only developed *Dolly*—her new television series for ABC-TV—but she also recorded an album, *Trio*, with Linda Ronstadt and Emmylou Harris, which is her first top-ten album on the pop charts. (She dumped her old record label, RCA, after twenty years when CBS records offered her more freedom.) She also celebrated the first anniversary of her successful theme park, Dollywood, in Pidgeon Forge, Tennessee, by announcing a $6 million expansion.

Her boldest move, of course, was signing a two-year, $44 million contract with ABC—the largest such deal in TV history—for her variety show, which she stars in, produces and helps write; ABC is practically banking the network on the hope that a dazzling *Dolly* will lift it out of the ratings cellar. To that end, the network has given Parton a staggering budget of $1 million a week. Yet critics have already predicted the worst for the show, pointing out that a variety program hasn't succeeded in years. Dolly insists that although she feels the enormous pressure, she isn't letting it get to her.

"If the show fails, it won't be the end of my life—I'll move on. I'm not afraid to try anything, and I'm certainly not afraid to fail."

A few years ago, Dolly might have cracked under the pressure and the grueling sixteen-hour workdays. Beset by physical and emotional problems and fifty-five extra pounds, she had even considered suicide. But those days are behind her, she insists. She's ready to take some chances.

"I'm full of dreams, I'm full of energy," she declares, nodding happily. "Of course, I might also be full of something else, but I won't get into that."

A weighty question

Dolly would rather talk about her new figure. She finally got tired of weighing more than one hundred fifty pounds, 30-plus percent more than she weighs now, and, she says, "sitting around all day on my fat rump." Though she didn't have a set diet, she drastically reduced her portions; the results were incredible.

"I hated being fat," she admits. "Boy, it burns me up to see people look at a fat person and say, 'Can you believe anybody would let herself get in that kind of shape?' That's easy for someone who looks like Jane Fonda to say. When I see a really overwe person, I feel sorry for her, because been there. It's like being an alcoh or a drug addict. I know I could the weight back any minute, an scares me to death."

Dolly's obsession with her we seems out of character for a wo who proudly announces she cares l about high style. She knows that her terrifically teased wigs, gob makeup, skin-tight jeans and sky-h heels ("Even my flats have three-i heels," she jokes), she sometimes l a little, well, tacky. Dolly claims loves that image: "I look like the next door . . . if you happen to live door to an amusement park."

Dolly giggles for a moment, t turns more serious. "I know I look tally artificial, but I'm like a kid. fun for me to find new high heels body else would dream of wearing. I'll wear beehive hair or nails lor than anyone else would dare. I d have to be stylish. I don't follow *body's* rules."

Paradoxically, Dolly loves hang out in fashionable circles, and she l Calvin Klein, Diane Von Furstenb and Halston among her best frie They don't bother trying to get he wear their clothes, she says, hav long since *(continued on page 1*

Keepsake



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than actual height of 8″ (including base).

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PET NEWS

By Nina Keilin

are *pit bulls* a menace?



Gary Baseman

Banning the breed seems like an easy solution to the problem of a rising number of dog-bite deaths. But will it really work?

Of twenty-two deaths attributed to dog attacks in the last two years, according to Andrew Rawan, Ph.D., of Tufts University, fifteen were caused by pit bulls. In response, many cities are drawing up legislation that would ban or otherwise restrict the ownership of these dogs. Is the breed innately dangerous?

The death statistics alone would seem to support banning the dogs. What's more, experts in dog behavior concede that when the dogs bite, they can inflict more damage than other breeds. Instead of stapping at puncture wounds, the pit bull is likely to tear the flesh. Nevertheless, many pit bulls present no danger to anybody—and countless dogs of other breeds do pose a threat.

It is really a people problem and not a dog problem, says Randall Lockwood, Ph.D., director of higher education for the Humane Society of the United States. "The pit bull has become the dog of choice among irresponsible owners," he says. The traditional outlaw ranks of dog fighters have been enlarged by young urban men, who like the dog as a macho symbol, and drug dealers, who use the dogs to protect their property. The dangerous dogs are raised by this group. Lockwood would like the public to know that there is another group of responsible owners, who have made a real effort to overcome the dog's dangerous qualities. It is not fair to penalize this group of harmless dogs and their owners, he claims.

Lockwood calls for laws that have the following elements: All dangerous dogs should be muzzled, leashed or kept in strong pens. "It's not sufficient to chain pit bulls in the backyard," he says. "It makes them more aggressive." Aggressive dogs should not be allowed to breed. Rowan adds that felony charges should be lodged against people whose dogs kill or maim. Many current laws call simply for destruction of the dog or a small fine paid by the owner. Most important, since any enforcement program is costly, he says, we should target the people who harbor the dangerous dogs.

What should you do if you are confronted with a pit bull or other vicious dog? Kurt Lapham, a field investigator for the Humane Society, says the best way to prevent bites is to avoid surprising a dog. If you're approaching a yard, look for the signs of a dog—dog house, chewed toys. If no one is home, avoid the yard. Supervise children to make sure they don't go into strange yards.

If you meet a strange dog, don't run—that activates the chase instinct. Stand still, crouch a bit and don't stare into the dog's eyes. Don't make any sudden movements. If you can, distract the dog by gently lobbing a ball or a stick. If the dog does try to jump on you, attempt to fend him off with anything you're carrying—such as an umbrella, a briefcase or a clipboard.



TAKE THE HEAT OFF

Problem: Kitty hates to eat cold leftovers straight out of the fridge. Tip: Leave food on the counter for a half hour to reach room temperature. Reheating might destroy nutrients.

SKIN CARE FOR DOGS

Got a case of doggie dandruff on your hands? Chances are, it's caused by a problem with the way your dog metabolizes fat, according to Karen Campbell, D.V.M., M.S., assistant professor of small-animal medicine at the University of Illinois, in Urbana. Campbell says that many cases of seborrhea in dogs can be alleviated by adding fat to the diet if the dog's metabolism results in a fat deficiency. (Symptoms of one type of seborrhea include greasy skin and unpleasant odor; another kind is typified by constant shedding of dry scales. Both types are often accompanied by skin infections and itching.)

Campbell's preliminary results show that sunflower oil produced the glossiest coats when added to dogs' diets. Sunflower oil contains linoleic acid, an essential fatty acid that Campbell believes is helpful in skin care. Campbell also hopes to develop a blood test to show when a dog is suffering from the underlying condition that would respond to the addition of fat.

FELINE "AIDS" update

Last February, cat owners learned of a new threat to their pets' health—a newly discovered virus—similar to the feline leukemia virus *and* the human AIDS virus—that attacks cats' immune system, causing a variety of symptoms (swollen lymph nodes, weight loss, diarrhea, respiratory and parasitic infections, anemia). The virus, named FTLV, causes symptoms similar to those of the feline leukemia virus, but it does not cause cancer.

Since February, at least one hundred more cases have been found around the country. What should cat lovers do? Margaret Barr, D.V.M., of the Feline Health Center at Cornell University, in Ithaca, New York, cautions the public not to become alarmed about transmission to humans. The virus cannot cause AIDS. Cat owners may want to take some precautions to protect their pets, however, based on preliminary knowledge of how the virus is spread.

Most important may be keeping your cat indoors. The virus has been found most often in cats that run free. Furthermore, the virus has been found three times as often in male as in female cats, possibly because males are involved in more fights, and the virus may be transmitted by biting. A vaccination and cure are likely to be years away, says Barr. But research will have wide-ranging implications for animal medicine and may shed some light on human AIDS as well.

Research assistance by Jeff Bliss and Vera Azar

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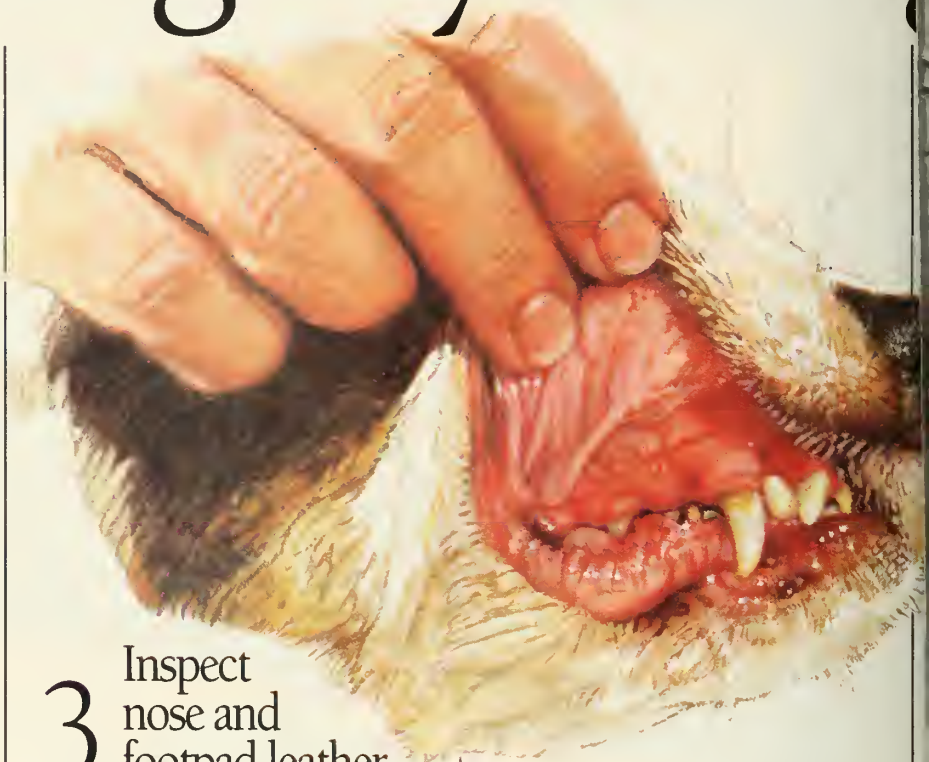
If you've been buyin
give your do

1. Examine mouth.

Raise your dog's upper lip to view the teeth. Are they:

A. Clean, white and glistening. 15 pts.
B. Yellowed with signs of residue. 5 pts.
C. Decaying with evidence of tartar. 0 pts.

Like humans, diet plays a major role in canine oral hygiene. If you didn't check A, chances are you feed your dog a steady diet of wet foods, which can result in dental problems. Dry foods, however, help cleanse a dog's teeth and gums.



2. Check breath odor.

While examining the mouth, you may have noticed the animal's breath. Is it:

A. Unoffensive. 10 pts.
B. Foul. 5 pts.
C. Sour, or sweet. 0 pts.

Most supermarket dog foods are grain-based. If improperly processed, grain-based cereals ferment in your dog's intestines and cause gas. In addition, many of these brands add onion and garlic to enhance the flavor. Unpleasant mouth odors can arise from indigestion. Sour odors may result from vomiting, and sweet odors may indicate diabetes.



3. Inspect nose and footpad leather.

Feel the tip of your dog's nose. Is the skin:

A. Tough yet pliable, with a slightly moist appearance. 15 pts.
B. Stiff, crusty or dry. 5 pts.
C. Very hard or cracking. 0 pts.

The nose leather of a healthy animal is clean, smooth and resilient. Similarly, footpad leather should be smooth and tough, yet pliable. In contrast, nose or footpad leather that is dry or cracked may suggest a diet lacking essential nutrients and fatty acids.

4. Examine stool.

Stool size and consistency are good indicators of a dog's overall well-being. Is it:

A. Small and firm. 20 pts.
B. Large and hard. 5 pts.
C. Large and excessively soft. 0 pts.

Stool volume is largely influenced by undigestible foods and enzyme deficiencies. While small, firm stools are easier to clean up, they also demonstrate your dog has properly assimilated all the crucial dietary nutrients.



Stool consistency indicates the quality of your dog's source of nutrients. Stool from a poor source may be soft. A hard stool can represent a mineral or fiber imbalance.

upermarket pet food, his spot quiz.

5. Feel skin and coat.



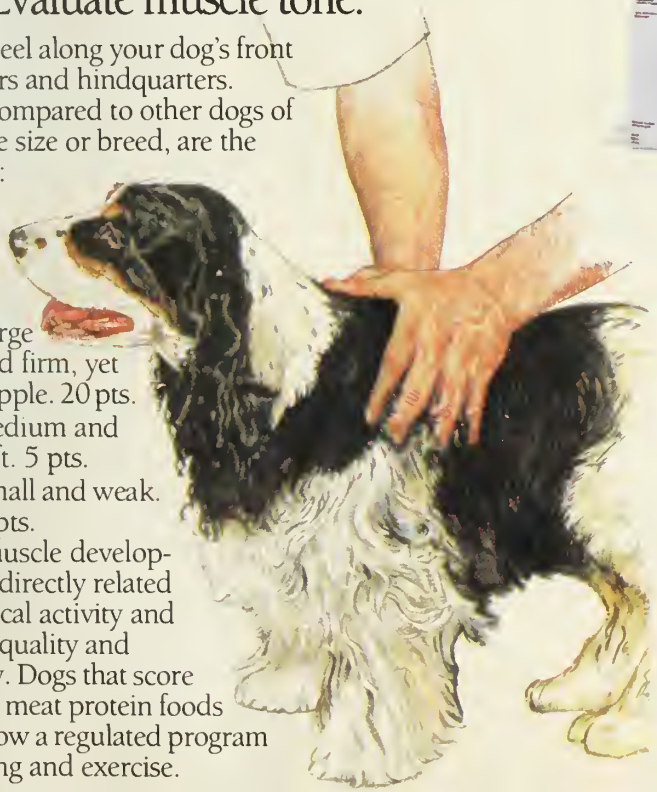
oroughly comb your
gers through your dog's
ir in the opposite direction
ies naturally. Is it:
A. Healthy, vibrant and
e of flaky
posits.
pts.

B. Dry, lackluster and poorly elastic. 5 pts.
C. Excessively oily, smelly with uneven growth. 0 pts.

There are normal variations in different breeds of dogs at different times of the year. However, poor ıtrition always adversely affects skin and hair. Dogs that hibit healthy skin and hair eat a diet with the proper lance of fats and protein, vitamins and minerals.

5. Evaluate muscle tone.

Feel along your dog's front oulders and hindquarters. 'hen compared to other dogs of e same size or breed, are the uscles:



A. Large and firm, yet supple. 20 pts.
B. Medium and soft. 5 pts.
C. Small and weak. 0 pts.

ood muscle develop-ıent is directly related) physical activity and rotein quality and uantity. Dogs that score igh eat meat protein foods ıd follow a regulated program f feeding and exercise.

If your dog scored 95 or less, don't just change dog food, change where you buy it.



All dogs have dietary requirements that demand quality sources of protein. And meat best meets those requirements.

However, many leading supermarket dog foods rely on grains for their main source of protein.

Iams dog food isn't sold in supermarkets. It's sold only in pet shops, pet supply stores and feed stores. Sold by veterinarians, breeders and pet specialists. People who understand a dog's nutritional needs. And that's why they recommend Iams.



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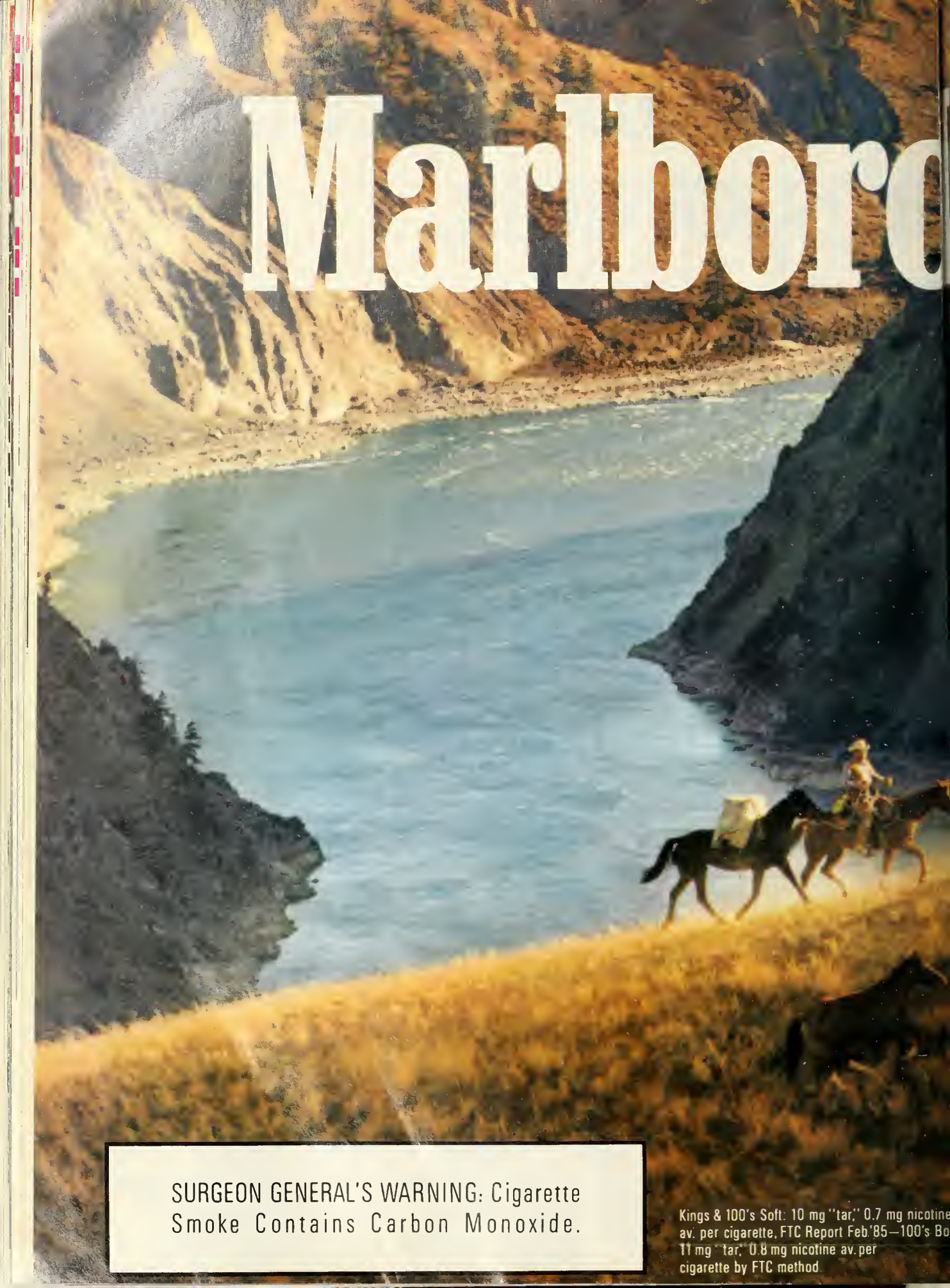
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Mark Thomas

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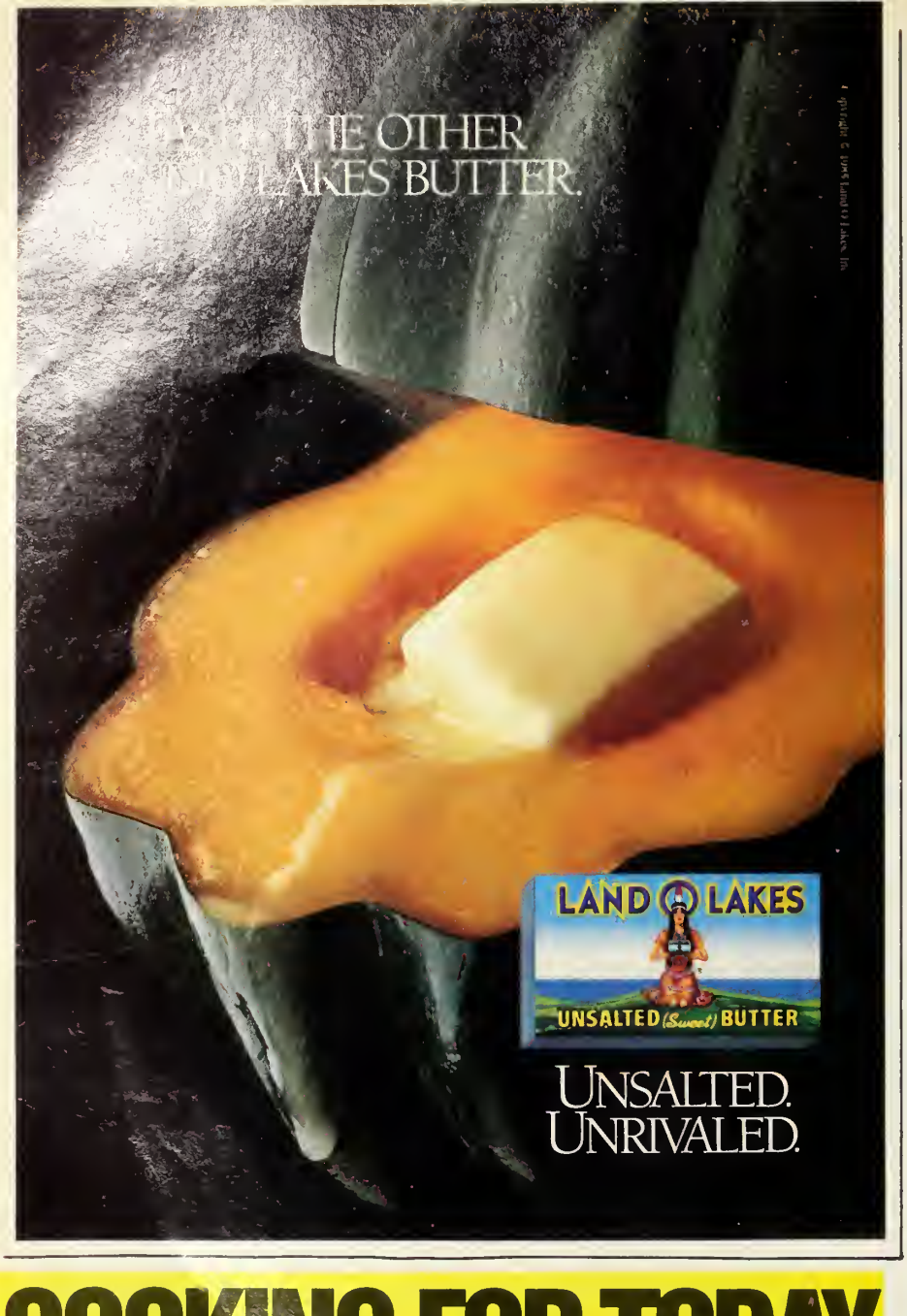
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LHJ 11



COOKING FOR TODAY

By John F. Carafoli

Three graduates of Madeleine Kamman's professional chef's course—John F. Carafoli, Jane Lavine and Linda Marino—created the following menu for a fall reunion with a group of colleagues

***Tuna and Cannellini Dip with Toasted Pita Bread**
***Greek-Style Pasta Salad**
Roast Pork Loin Seasoned with Rosemary
Braised Fennel with Parmesan Cheese
***Poached Pears with Red Wine Glaze and Vanilla Ice Cream**
***Hazelnut Lace Cookies**

Serves 6
***Recipes given**

TUNA AND CANNELLINI DIP

Total prep time: 10 minutes

- **1 can (20 oz.) cannellini beans, drained (reserve tablespoons liquid)**
- **1 can (6½ oz.) Italian tuna i oil, drained and flaked**
- **2 tablespoons chopped fres basil**
- **1 tablespoon chopped parsl**
- **2 teaspoons minced garlic**
- **¼ cup olive oil**
- **Salt and freshly ground pepper**
- **Lemon juice**
- **Toasted pita bread**

In medium bowl combine bea tuna, basil, parsley and garlic. W a fork, gently mash beans and stir combine. Add olive oil and reserv bean liquid, mixing until fai smooth. Add salt, pepper and lem juice to taste. Serve with toasted p bread. Makes 2½ cups, 135 calor per ¼ cup.

GREEK-STYLE PASTA

Total prep time: 20 minutes

- **½ pound medium shell macaroni**
- **½ cup olive oil**
- **1 cucumber, peeled, seeded, halved lengthwise and sliced ¼ inch thick**
- **1 large, ripe tomato, peeled and diced**
- **½ cup brine-cured ripe olives halved and pitted**
- **5 ounces feta cheese, cut int ½-inch chunks**
- **Salt and freshly ground pepper**
- **1 tablespoon chopped parsley, for garnish**

Cook pasta according to package rections. Drain.

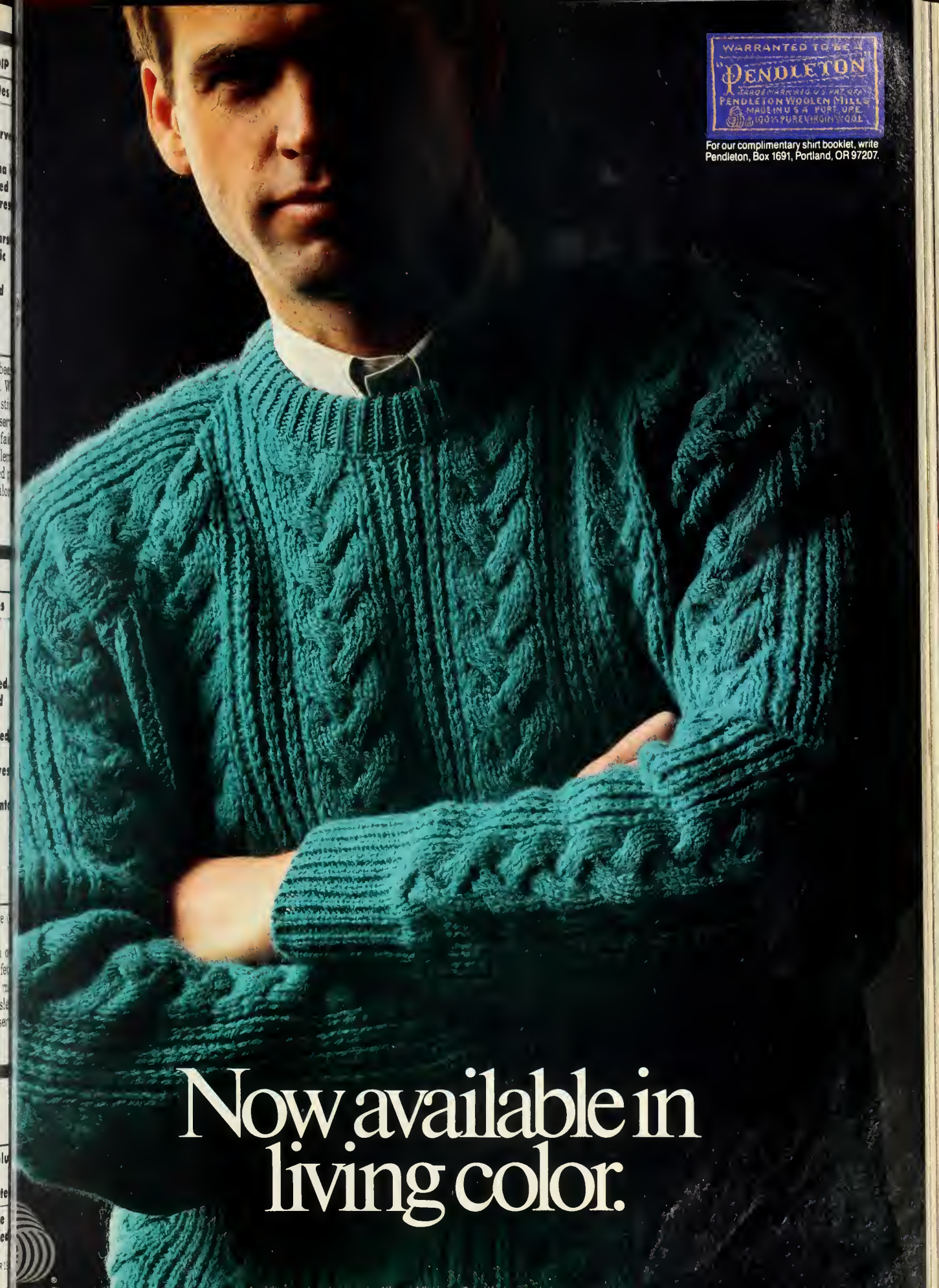
In large bowl toss pasta with o Add cucumber, tomatoes, olives, fe and salt and pepper to taste; m well. Sprinkle with chopped parsle Serve immediately. Makes 6 ser ings, 390 calories each.

POACHED PEARS WITH RED WINE GLAZE AND VANILLA ICE CREAM

Prep time: 10 minutes plu chilling
Cooking time: 40 to 45 minute

- **2 cups medium-dry red wine**
- **2 cups water**

(continue


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OKING FOR TODAY
ntinued)

cups sugar
teaspoon lemon juice
teaspoon allspice
teaspoon cinnamon
teaspoon nutmeg
large strips orange peel
Anjou pears, peeled, halved and cored
Vanilla ice cream
Hazelnut Lace Cookies (recipe follows)
Mint sprigs, for garnish

arge saucepan combine wine, wa- sugar, lemon juice, allspice, cin- non, nutmeg and orange peel. ng to a gentle boil over medium- h heat. Add pears; reduce heat simmer 40 to 45 minutes, until der. Transfer pears to a plate to l. Cover and refrigerate until dy to serve. Remove orange peel n poaching liquid. Continue cook- until liquid is reduced to about cups and begins to thicken. Cool pletely.

ust before serving, slice pears gthwise and fan each half on indi- ual plates. Top each with 2 table- ons wine glaze; serve with ice am and a Hazelnut Lace Cookie. nish with mint sprigs. Makes 6 vings, 370 calories each without cream or cookie.

ZELNUT LACE COOKIES

ep time: 10 minutes
king time: 8 to 10 minutes
er batch

cup unsalted butter
cup dark brown sugar
cup dark corn syrup
cup all-purpose flour
cup finely chopped, toasted hazelnuts
Pinch salt

heat oven to 325°F. Lightly butter ookie sheets.

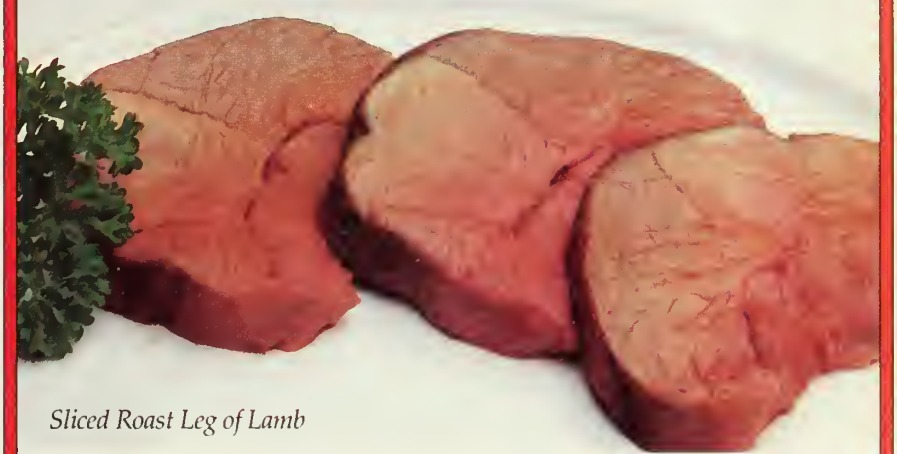
n small saucepan combine butter, wn sugar and corn syrup. Bring to a boil, then remove from heat. owl combine flour, nuts and salt. d syrup mixture and blend well. on batter by half-tablespoons 2 hes apart on prepared cookie ets. Bake 8 to 10 minutes. Cool htly on cookie sheets. Transfer to vire rack to cool completely. Re- t with remaining batter. Makes ut 2½ dozen, 65 calories each.

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PURE VIRGIN WOOL

TRAVEL TALK

by Ron Butler

The Key spots in Florida

What's challenging Orlando as the state's number-one tourist draw? The Keys, a historic chain of forty-three islands stretching across the tropic waters between Miami and ba, are a lush paradise of shimmering scapes, pines, palms and gingerbread ses.

ong Key, Sugarloaf, Tavernier, Big e, Marathon—each Key has its own cial lure for visitors. First sighted by ce de Leon in his search for the ntain of youth, these islands have n noted for their pristine isolation and , showy sunsets ever since.

he largest and closest island to the nland is Key Largo, located forty- miles southwest of Miami. Perhaps st often associated with the Bogart- all movie of the same name, Key go is noted these days for the John nekamp Coral Reef State Park, the on's first underwater preserve. With re than three hundred species of fish, y different kinds of coral and count- varieties of other sea life, the pre- ve is a mecca for snorkelers and n divers. Glass-bottom-boat trips ard the M/V *Discovery* make it a ily adventure as well. (Adults $7.50 morning trips; $8.50 afternoons; kids ler twelve $4 at all times.)

Key West, perhaps most renowned, is final island in the chain; it's located hty-nine miles north of Havana, ba. Here history blends with a trendy lifestyle that attracts everyone from presidents (Harry Truman had his "little White House" in Key West) to artists, writers, poets and fishermen.

America's southernmost city has a past filled with marauding pirates, sunken treasures, Civil War blockades and fortress strongholds. The influence on the island of Spanish, Bahamian and New England cultures is obvious—and fascinating. A narrow, crowded street, for example, can unexpectedly lead to a stately Victorian home with a widow's walk. (Don't miss an island tour aboard a diesel-powered Conch Train—adults $8; children $3.)

Ernest Hemingway was an early devotee of Key West. The home he bought there in 1931 is now a museum. Located at 907 Whitehead Street, on U.S. 1, the two-story Spanish Colonial is filled with original furnishings.

Hemingway's home and grounds are the setting for the traditional kick-off party for the island's annual five-day Hemingway Days Festival, commemorating his July 21 birthday. A Hemingway look-alike contest, a short-story contest and other festivities are all part of the celebration. The home and the author's writing studio are open daily, 9 A.M. to 5 P.M. (Adults $3; children and students $1; phone, 305-294-1575.)

Key West is accessible by air, car and bus. For a free Florida Keys brochure and directory, write or call Visitors Bureau, P.O. Box 1147, Key West, FL 33041-1147, 800-FLA-KEYS.

For more "Travel Talk," turn the page



All the Keys offer beautiful beaches. Key Largo is the largest; Key West the most popular

IN FASHION!

THE WINES OF ITALY



The Italian Wine Center, 499 Park Avenue, New York, NY 10022

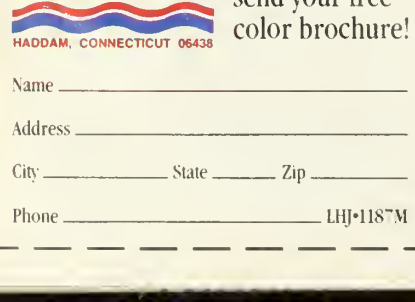


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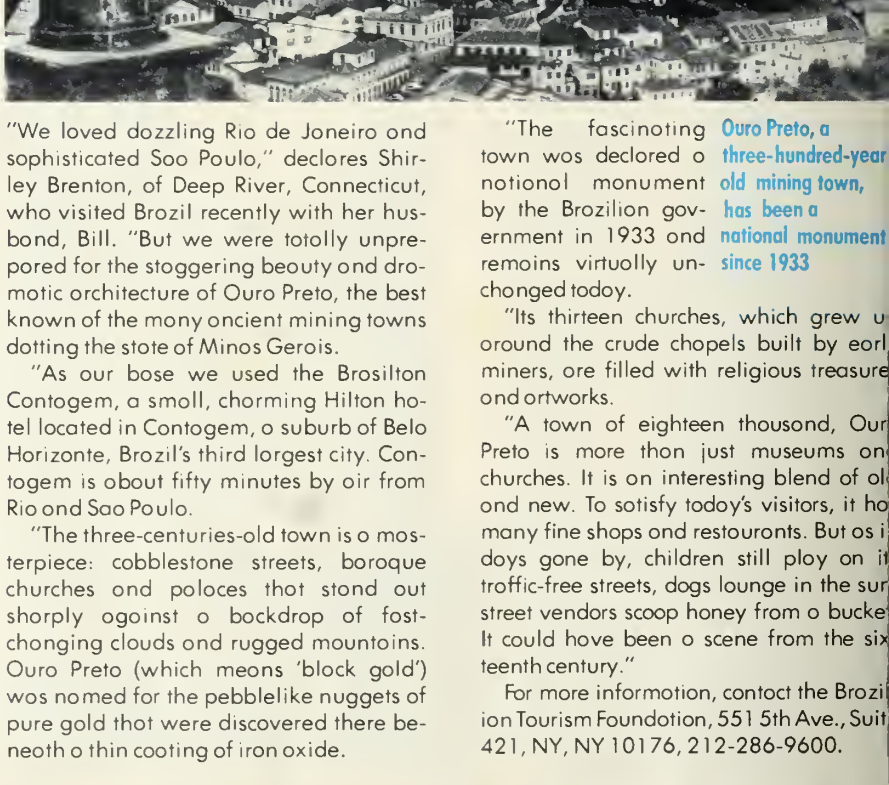
Phone _____ LHJ•1187M

the smart traveler

New civil penalties for travelers who smuggle agricultural products into the U.S. range from $25 to $50, payable on the spot. Those fined may contest the charge and request a court hearing; if they lose, they can be fined up to $1,000. Inspections are tough and thorough. Many airports use trained detector dogs, known as the Beagle Brigade (the dogs wear bright green USDA jackets), to sniff out even the smallest morsel of restricted fruit or contraband sausage.

For a free pamphlet listing what can and can't be brought into the country, write Travelers' Tips, USDA/APHIS, 700 Federal Building, Hyattsville, MD 20782.

My best vacation



"We loved dozzling Rio de Joneiro ond sophisticated Soo Poulo," declores Shirley Brenton, of Deep River, Connecticut, who visited Brozil recently with her husbond, Bill. "But we were totolly unprepored for the stoggering beouty ond dromotic orchitecture of Ouro Preto, the best known of the mony oncient mining towns dotting the stote of Minos Gerois.

"As our bose we used the Brosilton Contogem, o smoll, chorming Hilton hotel located in Contogem, o suburb of Belo Horizonte, Brozil's third lorgest city. Contogem is obout fifty minutes by oir from Rio ond Sao Poulo.

"The three-centuries-old town is o mosterpiece: cobblestone streets, boroque churches ond poloces thot stond out shorply ogoinst o bockdrop of fost-chonging clouds ond rugged mountoins. Ouro Preto (which meons 'block gold') wos nomed for the pebblelike nuggets of pure gold thot were discovered there beneoth o thin cooting of iron oxide.

"The fascinoting town wos declored o notionol monument by the Brozilion government in 1933 ond remoins virtuolly unchonged todoy.

Ouro Preto, a three-hundred-year old mining town, has been a national monument since 1933

"Its thirteen churches, which grew u oround the crude chopels built by eorl miners, ore filled with religious treasure ond ortworks.

"A town of eighteen thousond, Our Preto is more thon just museums on churches. It is on interesting blend of ol ond new. To sotisfy todoy's visitors, it ho many fine shops ond restouronts. But os i doys gone by, children still ploy on it troffic-free streets, dogs lounge in the sur street vendors scoop honey from o bucke It could hove been o scene from the six teenth century."

For more informotion, contoct the Brozil ion Tourism Foundotion, 551 5th Ave., Suit 421, NY, NY 10176, 212-286-9600.

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SAY GOOD RIDDANCE TO LICE.



Color is the news in hose—in shades from fiery red to teal

the hot hose to have

Check out these winning leg looks for all-season chic

You know that minis are the fashion to focus on this season. And since extra-high hemlines teamed with longer jackets call attention to legs, hose are clearly playing an all-important supporting role! The look to go for? The ultrasophisticated style of monochromatic dressing from head to toe. Now's the time to rejuvenate your wardrobe and stock up on hose that are color-coded to every outfit. Since your gams will be in full view, we'll show you how to make 'em stop and stare with tips on the top hosiery trends.

colors to count on There are more shades than ever to choose from, now that hosiery is the best accessory investment. If your legs are on the heavy side, go for darker hues. But don't reach immediately for black; navy is newsy, as are chestnut, acorn, tobacco, coffee. Slim legs should go very bright (why not red?) or very light. Almond, alabaster, taupe and buff are good choices for classic outfits. Brands to choose for great opaques? Evan-Picone, Hanes Too!, Calvin Klein.

sophisticated sheers You've never seen sheers like these before! The new look in classic hose is tailored, minimally detailed. Choose sheers with subtle accents like diamonds, houndstooth, checks, petite dots, to pair with sculpted suits and shapely dresses. Herringbone, ribs and pinstripes look terrific with minis and soft cashmeres. Also popular are sheers with back seams. Winter L'Eggs are ribbed hose in rich cold-weather colors. Other winners are Hanes Silky Herringbone and Calvin Klein's pinstripe.

luxe lingerie looks Hose has taken a step in a new direction—now it's designed to look like sexy lingerie. How? Lacy, high-cut French bikinis are now part of hose. Look for Round the Clock's Tanga, Calvin Klein's High Rise, Evan-Picone's Lycra Teddy Hose, Hanes Understatement. More good news? Some hose are now made with nylon and Lycra, which means they cling to every contour. Say good-bye to bagging and sagging!

How to buy a great winter coat

Expert tips from Greg Howell, of Anne Klein Coats, and Eleanor Simmons, of Perry Ellis Coats: When buying a winter coat, keep in mind your lifestyle and your wardrobe. Looking for a coat to wear every day? A good bet is an updated classic—a long, usually double-breasted coat with notched lapels, raglan sleeves, rounded shoulders. If you're more fashion-oriented, opt for a short coat with a straight style or a flirty swing. Try on a coat over an outfit you usually wear. It should fit easily through chest and hips, never pull at back or armholes. Satin lining is best. False pockets are a sign a coat isn't top quality. Make sure there are extra buttons and that all are secure. Black, navy, red and charcoal are classic colors; camel is most popular this year. Fashion shades include pumpkin and off-white. The warmest coats are 100 percent wool; for extra warmth, select a double-breasted coat or one with a convertible collar.



smartest styles

From left: Double-breasted coat with convertible collar, by Anne Klein II Coats; short chic, by Anne Klein Coats; Calvin Klein's short hooded coat with button-out lining in pumpkin; long, classic wool to wear with everything, by Perry Ellis

Hair by Jennifer Lawrence for La Coupe; makeup by Rex.

Tohru Nakamura

REFLECTIONS ON AMY

She favors lazy lunches to late suppers.

Buys hardcovers instead of paperbacks.

Ohh, and Amy's legs... the nicest legs.



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THE WORLD'S TEN MOST IMPORTANT WOMEN

The Journal conducted an unprecedented international survey of leading newspaper editors, asking them to name the most influential women of today. The women they have chosen rule nations, provide moral direction and influence heads of state; they are also changing our world. Turn the page for a special report

By the editors of Ladies' Home Journal






The Top Ten

(from left to right)

1. Margaret Thatcher, British prime minister
2. Corazon Aquino, president of the Philippines
3. Mother Teresa, world humanitarian
4. Winnie Mandela, South African antiapartheid activist
5. Queen Elizabeth, sovereign of Britain
6. Katharine Graham, American publishing executive
7. Nancy Reagan, American First Lady
8. Melina Mercouri, Greek Minister of Culture
9. Raisa Gorbachev, wife of the Soviet leader
10. Simone Veil, European government leader








Who are the most important women in the world today? What kind of power do they wield? To find out, *Ladies' Home Journal* conducted an unprecedented poll of top newspaper editors around the world. The result is a fascinating, sometimes surprising compilation that reflects the global influence of women in the 1980s.

To conduct the poll, the *Journal* spent many months researching the accomplishments of women around the world who hold influential posts in government, science, business, the arts and the professions. We also looked for women who have power because of their moral leadership—or because they have personal access to great power.

In some countries, including those that are less developed, there were fewer well-known women to choose from, while in other nations, we had a wider field. But our final list of one hundred names included women from every continent and from dozens of countries. Last spring we sent the names of these women to the editors-in-chief of two hundred fifty prominent newspapers around the world.

Publications on every continent responded, including *Pravda*, in the Soviet Union; *The Observer*, in London; the *China Daily*, in Beijing; and the *Times of India*, in Bombay.

Some of the editors' choices are familiar to Americans: Margaret Thatcher, Nancy Reagan, Corazon Aquino, Mother Teresa. Others are less prominent here. Melina Mercouri is recognized in the United States as an actress rather than as the Greek minister of culture. Simone Veil, who is well known in Europe, has served in important positions in the French government and the European Parliament.

The choice of one top-ten finisher, Katharine Graham, chairman of the board of the Washington Post Company, may have been dictated by the fact that our respondents are newspaper editors, as well as by the acknowledged worldwide power of the media today.

The women who received the most votes are an intriguing group who are changing the world—and the place of women in it—in various ways. "It's an interesting and worthwhile list," noted the Pulitzer prize–winning author and historian Barbara Tuchman, "and it includes women who have very different public personalities." *(continued on page 198)*

For biographies of the top ten women, turn to page 198

Photographs: Thatcher, Tim Graham/Sygma; Aquino, Andy Hernandez/Sygma; Mother Teresa, Susan Greenwood/Gamma Liaison; Mandela, Milner/Sygma; Queen Elizabeth, Tim Graham/Sygma; Graham, AP Wide World; Reagan, A. Tannenbaum; Mercouri, Goldberg/Sygma; Gorbachev, Woodfin Camp & Associates; Veil, Ledru/Sygma.

TEA WITH Margaret Thatcher

By Jan Goodwin

Margaret Thatcher is the world's most influential woman, the most senior politician in the Western alliance. She is also the woman the Soviets have dubbed the Iron Lady, and her own countrymen call her Attila the Hen or Nanny Thatcher, for her penchant for sounding like a no-nonsense, take-your-medicine children's nurse.

Loved or loathed, Margaret Thatcher is a woman who inspires admiration, even in her opponents, for her willpower and the certitude of her views. And because of these traits, she is also someone who has garnered the respect and esteem of both Ronald Reagan and Mikhail Gorbachev.

Knowing all this, I was not prepared for the simple friendliness of the woman who greeted me at No. 10 Downing Street, Britain's White House, maternally plumping the cushion of my armchair before I sat down in her second-floor study. But this cozy gesture was perhaps a key to the character of this extraordinary woman. She had the guts to lead her country to war with Argentina over the Falklands at a time when her popularity ratings were the lowest they had ever been. And her conviction that she was right never wavered during the Irish Republican Army hunger strikes in 1981, even when ten men died of starvation. But Margaret Thatcher can also appear very ordinary.

"Tea?" she asked hospitably, before launching into a brief discussion on the vagaries of the British weather—although it was July, it was cold and rainy. We sat in her bright, flower-filled cream and yellow study, which she redecorated out of her own pocket, "because the Ministry of Works wasn't due to do it so soon." A generous act indeed for a woman who earns $100,000 as prime minister but chooses to draw only $81,000, the same as her cabinet officers. But although she paid for the decor, there are no personal mementos or photographs in the room. On her desk, apart from blotter and phone, were just three books: a world atlas, a *Who's Who* and a tome in Georgian, a gift *(continued on page 193)*

fabulous fall PIES

Thanksgiving's just around the corner—what better way to end that bountiful meal than with scrumptious pies? We've taken full advantage of the fruits and nuts of autumn's harvest and baked pies sure to please. (But you don't *have* to wait for the holidays to try 'em!) Our recipes begin on page 162.





r fall pie sampler, clockwise from top left ■ Apple Tart, made with Golden Delicious
ples ■ Fruit Mincemeat Tart, in a pool of custard sauce ■ Tangy Cranberry Pear
■ Espressa Pecan Tart topped with coffee cream ■ Cranberry Orange Goat Cheese
rt ■ Pumpkin Cheesecake Pie, with a graham cracker–pecan crust.

oto, Beth Galton. Prop stylist, Judy Singer. Food stylist, Andrea Swenson.

The look that got the job



Did you know that a standout interview image counts for almost as much as a top-notch resumé? To help you dress for success, we asked three real women in different professions to try on two outfits each (both appropriate), then asked personnel managers to choose the one that was more effective. The result? Three interview-wise suits guaranteed to give you the edge—we'll tell you why.



Tony Kent

By Margaret L. O'Hana, Associate Beauty and Fashion Editor

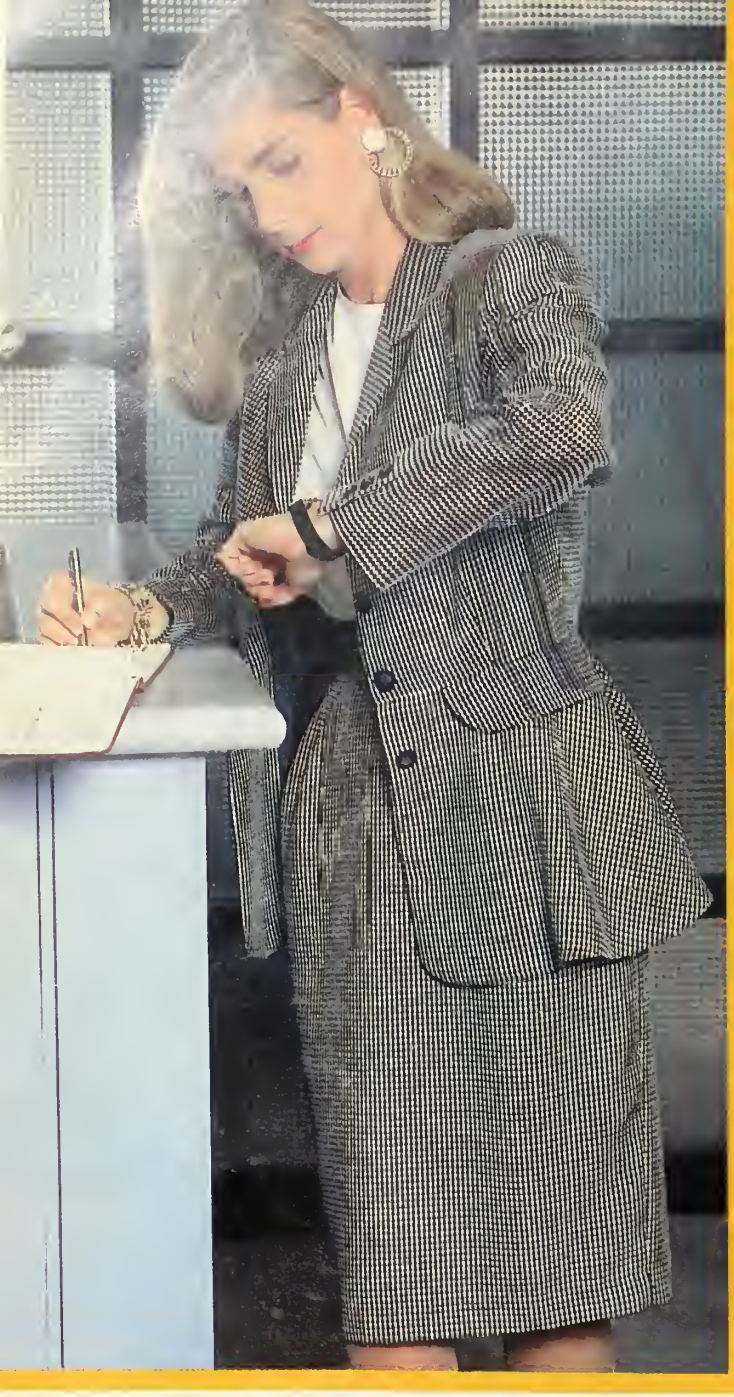
"The red and ivory suit projects a more 'in charge' image—businesslike but polished."

Allison Rubeli, vice-president of human resources at Clairol

- ☑ If you're interviewing for a secretarial or middle-management job, opt for an unmatched suit with a structured jacket—it shows good fashion sense, looks polished
- ☑ Trade in your conventional blouse and bow tie for a silk crushed turtle—it adds interest (and softness) to the face
- ☑ Go for a slim, tailored skirt that's knee-length or below. Count on a vibrant jacket color for maximum impact. Red, pumpkin and fuchsia are all flattering and current shades
- ☑ Keep accessories to a minimum: an elegant watch, clean-lined clutch, hose subtly toned to skirt, classic belt

Alberta, an executive secretary, needed an interview look that was professional and attractive. Although the outfits at left and above are both good choices, the attention-getting red wool crepe jacket, ivory silk charmeuse crushed turtleneck and slim cream wool skirt by Ellen Tracy scored higher. The reason? We think the sleek, double-breasted jacket projects an appealing, confident attitude. Tip: An ivory base always looks nine-to-five fresh, makes other colors even crisper.

These pages photographed at Clairol, Inc., NYC. All hair these four pages by Jennifer Lawrence for La Coupe, NYC; makeup, these two pages, Carol Shaw. Details, page 162.





"The white suit stands out without being too much—it projects confidence and creativity."

James Kershner, corporate director of staffing at Hasbro

- ☑ Even when you're vying for a creative job, a suit is best. Choose one that's imaginative but appropriate in an office
- ☑ Pick a dramatic color, and keep it monochromatic. All-white and soft pink have eye-catching appeal. Details like kick pleats and above-knee length show you're on top of trends. Soften the look with a sweater instead of a blouse
- ☑ Focus on one-step-bolder accessories, such as a matte gold cuff or a mock-croc belt with an interesting buckle

Seeking a job in the interior-design field, Karen dresses to impress in up-to-the-minute fashions that show her flair for creativity. Although both suits above are work-worthy, Calvin Klein's crisp white wool combo paired with a navy and ivory striped wool jersey is the winner. The notched-collar, double-button jacket gives a more assertive look, the jersey adds style, and wearing white proves that she's daring, willing to take initiative.



Tony Kent

A classic navy-blue suit is more appropriate for an interview in a corporate environment."

Patricia Fuiks, personnel coordinator for Donovan Leisure Newton & Irvine, a New York law firm

Look for a suit in a quality fabric. The jacket should be fitted with square but not exaggerated shoulders

Navy is not your only option for conservative chic. Other suitable shades? Try brown, gray or black, or a subtle pattern, such as pinstripe or herringbone

Keep accessories understated: good-quality jewelry or fine fakes, such as a simple gold chain, a pearl choker, button earrings, an understated watch, a trim attaché

Julia, a lawyer, likes a conservative look. But does she have to opt for the traditional? Though both outfits above will be fine once she gets the job, the tailored suit in worsted cool wool at left, by J.H. Collectibles, is a better choice. Although it's not stodgy-looking, its fitted bolero jacket, slim, straight skirt and classic shade of navy give it crisp lines. Bold, shiny gold buttons add feminine finish.

All photos above taken at Cosmair Inc., NYC. Makeup, these two pages, Hiromi Ando for Marek.

A MASTERFUL MAKEOVER



Fabulous face-lift: a gracious portico, lush landscaping

When Tom and Mary Zara first saw the Connecticut house that was to become their dream home, they were intrigued by its many problems and challenges. Although the neighborhood was desirable, and the house had enough square feet for their young family of five, it was a drab, fifties-style structure that was dated in appearance and function. Fortunately, the Zaras saw its great potential. The next step? They asked *LHJ*'s decorating department for ideas about and direction in transforming their new house into a beautiful, functional

HERE'S HOW WE TURNED A FIFTIES HOUSE INTO AN EIGHTIES HOME.

BY MARILYN DIANE GLASS, DECORATING AND DESIGN EDITOR

Photos: before, Peter Bosch; after, Michael Luppino.





Fifties Formica and knotty pine give way to a high-tech island, sleek storage space

and comfortable home.

Our first task was to rework the many problem areas. For much more comfort and flexibility we enlarged the kitchen and the master bedroom. We then enclosed the screened-in sun room and turned it into a year-round den/music room. Finally, we updated the entrance



Dazzling colors plus an eclectic mix of furnishings and art make a ho-hum space spectacular



rs replace indows to sh master h sunlight



by adding an elegant portico. Since the Zaras wanted their home to get plenty of light, we installed large windows and French doors in strategic places. A new color scheme was next on the agenda. With all this in mind, we got to work.

Architect, Wesley Wyrick & Assoc.; renovations, Sacco Assoc.; paint, Benjamin Moore Paints; landscaping, Designs by Lee, Inc.; portico columns, Dixie-Pacific Mfg. Co.; shutters and windows, Brockway-Smith Co. Details, page 162.

Since the family spends so much time in the kitchen, the Zaras made sure it was spacious and comfortable. The kitchen also serves as a mini-office—the sleek white desk has room for a computer and plenty of storage space

The kitchen was a disaster area: too small, too dark, with outdated appliances and a lack of counter and storage space that made it unworkable. The answer? Gutting and enlarging the room and starting from scratch.

After nearly doubling the size of the kitchen and adding a wall of windows, Motif Designs creat-

Kitchen designed by Lyn Peterson and Kristiina Ratia, of Motif Designs; wallpaper and fabric, Motif Designs; resilient flooring, Armstrong; counter tiles, American Olean; cabinetry, Roseline Products Inc.; laminate, Formica Inc.; recessed lighting, Thomas Industries; hanging lights, Holophane "Classics"; cooktop, Dacor; cookware, Calphalon; dishwasher, double oven, KitchenAid, Inc.; sink, Franke; computer, IBM; food processor, Cuisinart; toaster, Rowenta; TV, telephone, General Electric; table, hutch, trunk, round table, Knock on Wood; dinnerware, Ceramica Mia; all other tableware, Wolfman-Gold and Good Co.; birdhouses, Barbara Trujillo Antiques; wooden horse, tiny chair, Homespun; wooden items on floor, The Country Willow. Details, page 162.



Dining is always a treat in this bright, windowed corner. Early pine table and chairs and plaid café curtains provide a light and airy feeling

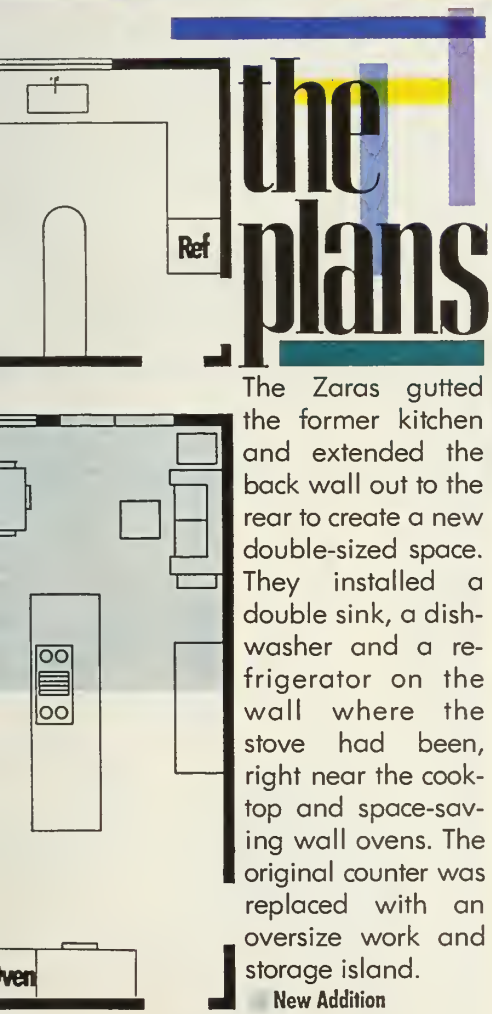
ed a highly efficient and charming country kitchen. The wonderful result is a mix of state-of-the-art appliances and antique pine furniture against a soothing blue and white background. The island contains a cooktop, a microwave, electrical outlets and lots of counter and storage space.

The lighting is a winning combination of modern recessed fixtures plus updated versions of old-fashioned pendant lights. A roomy and sun-



A large antique pine hutch is an interesting focal point in this very functional kitchen. Here, the Zaras display favorite pottery, baskets and primitive folk art

splashed dining area opens out to the garden and also serves as a small family room with a cozy sofa and a TV. The kitchen was also designed with kids in mind—the floor is easy-to-maintain vinyl.



the plans

The Zaras gutted the former kitchen and extended the back wall out to the rear to create a new double-sized space. They installed a double sink, a dishwasher and a refrigerator on the wall where the stove had been, right near the cooktop and space-saving wall ovens. The original counter was replaced with an oversize work and storage island.

New Addition





On to the dining room, which we transformed from a nondescript boxlike space into a calm, inviting, elegant room filled with classic Chippendale-style furniture. The rich, polished mahogany is strikingly set off against the soft blues and greens. Dramatic works of art add a touch of surprise and keep the room from

Contemporary collages and an unusual scalloped carpet: innovative touches in a formal dining room. Right, an elegant entryway provides a glimpse of things to come

Armstrong design consultant, Thomas Hills Cook; design consultant, Rosie Ripley; wallpaper and fabrics, Brunschwig & Fils; carpet, Armstrong; doors, Morgan Products, Ltd.; brass hardware, Baldwin Brass Center; moldings, casing, Brockway-Smith Co. Dining room: furniture, Thomasville; art, Melinda Hackett; cake plate, Kentshire Galleries; plates and compote, Yale R. Burge Antiques; decanters, The Studio; wine holders, tray, Manderley Antiques; table linens, Details. Foyer: piano, Baldwin; rug, Elizabeth Eakins; mirror, lacquer table, Michael Capo Antiques, Ltd.; Hitchcock chair, Carriage Trade. Living room: mantel, Morgan Products; end tables, chair, ottoman, Thomasville; coffee table, fire tools, Luten Clarey Stern; Chinese chair, small painting, teapot, mohair throw, Manderley Antiques; mantel painting, Bridgewater Gallery; dog painting, Barrie A. Wright; small collages, Melinda Hackett; coal scuttle, pillow, jardinieres, Kentshire Galleries; pottery jugs, lamps, Yale R. Burge Antiques. Details, page 162.



The living room simply couldn't be more cheerful. And the use of prints is a wise choice for a family with three young children (the patterns show less soil)

becoming too formal. Compared with the restful dining room, the living room is a lively rainbow of eye-catching sherbet colors. The beautiful floral chintz on the sofa, the draperies and the table skirt ties all the colors in the room together. (See photo, page 143.) We wanted a quiet floor to keep the room from becoming too busy, so we chose a neutral cream carpet. The focus here is definitely on comfort (the many sink-into sofas and chairs provide plenty of seating for family and friends), warmth and eclectic style—vibrant modern art paired with traditional English paintings, old-world furniture upholstered in bold contemporary fabrics.



the colors

The most effective way to update a fifties home? Set the mood with colors you love, and use them consistently. The Zaras' choices? Greens, blues and yellows, with accents of raspberry and violet, all trimmed in white. Greens were used in the foyer and the master bedroom, blues in the kitchen, dining room and child's room. In fact, the Zaras' home is so full of color, there's not one white wall in the house! The living room is a combination of all the colors in the home and opens onto a sky-blue music room.



Daring surprises: a stark glass and hand-forged steel coffee table paired with cozy, traditional English furnishings; a classic English dog painting hung above four abstract painted collages



Lacy white pillows and floral fabrics make this master bedroom extra romantic. At right, the Zaras' young daughter has a dream bedroom of her own. A cozy pine bed and minimal furnishings leave plenty of space for play

Essential to the Zaras' plan was a dream-come-true master bedroom. The first step was to bring plenty of light into the room by removing two tiny windows from one wall and replacing them with French doors (they open onto a mini-terrace, formerly a flat section of the roof). The grand four-poster canopy bed, comfy sofa,

Master bedroom: fabric and wallpaper, Brunschwig & Fils; carpet, Armstrong; flowers, Shepard-Clark Co., Ltd; art, Kraushaar Galleries; drapery hardware, Kirsch; chest, bed, sofa, chaise, Martha Washington chair, Thomasville; antique wicker chair, tray on stand, bamboo whatnot stand, silver picture frame, Manderley Antiques; wicker settee, Kentshire Galleries, Ltd.; mohair throw, Sweet Nellie; lace pillows, rag rugs, The Gazebo; bedspread, Scandia Down Corp.; bed linens, Cannon Mills Co.; "Quallofirm" pillows, DuPont; table skirt and bowls, Elizabeth Eakins Inc. Child's room: wallpaper, Color House; curtains, Waverly; furniture, Thomasville Replicas 1800 Collection; bed linens, Atelier Martex; painted wooden toy, Civilization; blue rocker, The Country Willow. Details, page 162.



A perfect spot to laze away a Sunday afternoon—a quiet corner with a downy chaise longue, Tom and Mary's favorite retreat

chaise longue and plush carpeting accented with colorful rag rugs all add up to a very cozy country look. The large, modern still-life painting above the chaise longue repeats the room's many colors. The Zaras love the luxury of having a sitting area next to a large, sunny window—great for reading and relaxing.

Through hard work and lots of imagination, we helped the Zaras turn a dull, old-fashioned house into a spectacular home with every modern convenience and lots of comfort, charm and beauty. Inspiration for the next time you're thinking about purchasing or redoing a home that's less than perfect!



the details

ve, daring touches make the difference an ordinary and an extraordinary An eclectic mix of modern and antique, oversize still-life painting beside an vicker chair lroom to the e and white rench chair ving room. y of textures erns includ- brass, pine, y and bam- us chintz, tripes and combination l accessories erent periods reflects a personal style. antique birdhouses in the kitchen and nporary folk toys in the child's room.





Part of the appeal of the Zaras' bedroom is that it's more than a bedroom. It's a private place for quiet moments, a serene world for just the two of them





tired, pale face

Not enough sleep? Here, eye-opening ideas for freshening up in a flash.

quick fix **Hydrate skin with a misting of mineral water. Using a damp sponge, smooth foundation around nose and corners of mouth, under eyes. Whisk on translucent powder. Blend eyeshadow that has creased, and remove undereye smudges. Apply pink blush. Brighten lips with fresh liner, and fill in with vibrant moisturizing color.**

long-term help **Always use a toner after cleansing and before moisturizing. Choose a mild nonalcohol product for normal-to-dry skin, an alcohol-based toner for oily skin. Never let dead cells build up—keep skin glowing by exfoliating twice weekly with a gentle scrub, such as Almay's Oil-Control Complexion Scrub.**

BEAUTY FIRST AID

noticeable roots

An important event tonight and no time to have your roots retouched? Don't panic—we've got the solutions!

quick fix Purchase touch-up pencils (available at most drugstores)—they'll get you through the night. (Try Roux Tween Time pencils.) Gels and mousses will work on damp hair to help colors blend. Colored mousses work especially well—look for one a bit lighter than your natural color. Camouflage roots with a softer look: Tousle hair and leave no part. Use hot-dog or sponge rollers on dry hair for twenty to sixty minutes.

long-term help If you're tired of constantly retouching your roots, get your natural color back by having your hairdresser strip your processed color and apply o solution that matches your natural shade. You could also add low-lights to hair—they're highlights that match the true color of your hair or are one shade darker, so regrowth isn't obvious.

too-set hair

Forgot the time and wound up with a flippy, fifties do? Don't worry, you won't have to start from scratch—we've got answers.

quick fix Loosen set by bending over at the waist and blow-drying hair with warm air for two minutes. Brush with a vent brush as you dry, concentrating on hairline areas. Or smooth just-set hair into a ponytail, wait ten minutes and shake out. A third solution? Dampen hair with wet fingers. Rub a small amount of gel or mousse onto palm and finger comb through to ends.

long-term help A hot-roller technique for lots of volume and wave. Twist sections of hair, then roll with large rollers from root and leave ends free. Remove after fifteen minutes.

post-flight fatigue

If a long plane ride has left you less than energetic, here's how to give your face a lift and put some spring in your step.

quick fix **Upon arrival, depuff tired eyes with one of the new eye-treatment gels, such as Erno Laszlo pHelitone Firming Eye Gel. Unwind in a warm, soothing tub. Add a relaxer, such as Vaseline Intensive Care Moisturizing Foam Bath with Cocoa Butter. Eat potassium-rich foods, such as melons, oranges, bananas, to soothe aching muscles, provide a boost of needed energy. Drink plenty of water to combat dehydration.**

long-term help **Before your next flight, avoid a stale makeup look wearing just eye cream, moisturizer a vitamin E–enriched lipstick, such as H Couleur Lipstick from Christian Dior. ply usual makeup just before land Drink lots of juice or mineral w inflight; avoid alcohol (causes dehy tion) and soda (makes you feel bloat Call the airline ahead of time to ord fresh vegetable tray or vegetarian m Sit in the nonsmoking section. Do in- stretches to keep circulation up, swel of ankles and feet down. Every o hour, bring elbows back and forth i rowing motion and rotate ankles.**

ragged, red cuticles

Too embarrassed to show your hands? Quick! Get cuticles back in the pink.

quick fix Carefully trim cuticles, and push the rest back with moisturized, cott swabbed oronge stick. Next, massage a rich cream onto nail bed, concentrating on area around cuticles. For overnight care, try Barielle Intensive Nightime Nail Renewa cuticles are severely damaged, soak hands in warm water, dry, then apply an antibi ointment to nail bed and cuticles. Cover with Band-Aids. Repeat for three nights.

long-term help Soak fingers in soapy water for five minutes and dry. Break a vitam tablet or warm some olive oil; spread on cuticles and nails. Push cuticles back. Mass in more oil, wrap hands in plastic wrap and secure with cotton gloves. Leave overnight. Repeat for ten nights, then three times a week for maintenance. Use a cut cream daily, such as Elizabeth Arden's Cuticle Softening Cream.

overtweezing

Lush brows are the look in the eighties

quick fix **Brow shape should follow natural curve of upper lashline. To de mine length, draw an imaginary straight from inside corner of eye to p where brow curves into bridge of n This is where brow should begin. N hold a pencil on the diagonal from bas nostril to outside corner of eye. Fi sparse areas using sharp pencils in colors close to your brow color (gray brown or taupe and brown). Feathe short strokes, alternating shades.**

long-term fix **Have brows profess ally shaped once to find best shape, you should weed out strays once a w**

nail

n gorgeous nails—and
leave for a big party in
ed help in a hurry?
Remove all old polish
Cut a tiny piece of tea
filter or tissue. Place
ail, making sure broken
ail are aligned. Glue
tear with nail-mending
ting tissue. (If skin be-
k together, wipe area
remover.) Let dry one
tify with a few extra
e. Let dry five minutes.
any roughness with a
board. Polish.

n help Always have a
hand for emergencies.
regularly use polishes
n strengtheners, such as
quid Nail Wrap.

oak, Click



BEAUTY FIRST AID

unsightly leg rash

The causes? Usually an allergic reaction to a depilatory or the result of shaving sunning) already-irritated legs. Here's soothing relief.

quick fix Soak in a warm (not hot) bath containing baking soda to ease sore itchiness. Use a milky cleanser—avoid soap. Moisturize legs with a light, nongr lotion, such as Lubriderm, then dust with fragrance-free powder. Look for one n from cornstarch (it has healing properties), such as Johnson & Johnson Baby Starch. If problem persists, see your dermatologist.

long-term help If you plan to use a depilatory, remember to do a patch test fir determine sensitivity to the chemicals. Read the directions carefully, and use a time don't allow the product to remain on skin longer than the instructions state.

cold sores

They can be brought on by stress, illness, pregnancy, menstruation, even sun and wind exposure. Most af all, they're ugly, so follow our no-fail treatment.

quick fix Place an ice cube on sore for twa ta three minutes to reduce swelling. Next, apply an anesthetic over-the-counter ointment that contains camphor, phenol and menthol, such as LipMedex by Blistex, to ease pain and help prevent further infection. Remember to play up eye makeup to draw attentian away from mouth. Also, ask your dermatologist abaut Zovirax, a prescription ointment that can speed healing.

long-term help Cald sores are quite contagious, so never use department store lipstick testers; don't share drinking glasses ar eating utensils. Always use a sunscreen lip balm to guard against sun and wind expasure. Look for Neutrogena's Smile Lip Maisturizer. It has a sun protection factor of fifteen.

need fast makeup change

You're all dressed for work in a red suit, makeup matches perfectly ... and suddenly you decide to wear a lavender dress. Here's how to alter your makeup.

quick fix **Tissue-blot lipstick down to a hint of color. Fade eye makeup and blush by dusting on loose, translucent powder with a large, fluffy brush. Neutralize eyeshadow by blending in a medium shade of brown, such as Maybelline's Duo Dome Eye Shadow in Kopper 'n Khaki or Sugar 'n Spice. Then add a touch of color at lashline that complements your new outfit. Whisk on a slightly lighter shade of blush to avoid color buildup. Cool pink and warm peach are two colors that work w everything. Try Covergirl Oil Control Fr Blush in Truly Fresh Peaches or Truly Fr Roses. Apply lipstick in a thin coat.**

long-term help **If you're alw changing your outfits in the morning, neutral shades of shadow that will go w anything—soft browns, hazy grays, can taupe. We like Ultima II's Patina Eyesh ow Duet in Almond Cocoa/Spun Sil Beige. Take a tip from makeup pro they never apply lipstick until the mode dressed. Try newsy color combos for fle bility: Team a mauve dress with violet e makeup and orange-red lipstick.**

overconditioned hair

Been plagued with the greasies or limp locks lately? You may be using too much conditioner. Try our tricks.

quick fix **Soak up excess oil by bending over at the waist and sprinkling baby powder throughout hair. Brush hair upside down, and spritz on hairspray at roots for fullness.**

long-term help **Cut in half the normal amount of conditioner you use. Wash hair with a clarifying shampoo such as Vidal Sassoon New Advanced Salon Formula Shampoo once a week to rid hair of product residue. If you must use conditioner, apply it only on ends. If hair tends to be oily, try using an oil-free conditioner like Finesse, by Helene Curtis.**

caught in the rain

Forgot your umbrella and got totally drenched? N time to go back home? It's not such a disaster w you know just what to do ...

quick fix Sleek hair back and off face for a sculp look. If hair is long enough, create a knot or a bo chignon at the nape. Add a pretty bow if one is handy. Gently tissue-blot face. Lightly dust T-zon reapply lipstick (go bright if you can) and clean up undereye smudges with tissue or a cotton sw

have more time? If you moussed your hair in the morning, wetting will reactivate its styling power. Simply blot with paper towels, then scrun for volume and curl. Freshen eye makeup with nc teal or cobalt liner close to lashes. Medium blue gives a wide-eyed look—look for L'Oreal Le Grar Kohl Eyeliner Pencil in Night Bleu and Azur.



cut bangs too short

Oops! You took your hair into your own hands, and the result was disastrous!
quick fix **Wet hair and blow-dry roots while pulling down fringe with fingers. If bangs are long enough, comb back, spritz on hairspray and scrunch for a tousled look.**
long-term solution **Next time you cut your own bangs, take into consideration your hair texture. Remember that when you cut wet hair it will be even shorter when dry. For no-fail flattery, snip in tousled bangs—they show fewer mistakes.**

the best of SOUTHWEST



Chef Amy Fergu
of Baby Routh,
Dallas, serves u
Poblano (a larg
mild pepper) wi
Curried Chicken
Apricots and
Pumpkin Seed S

NEW American COOKING

Something sensational is happening in
Southwest—those in the know have decla
it the most exciting area in the U.S. for ne
style American cooking. (In fact, many regi
throughout the country are turning out d

UISINE



Chef John Makin, of the Remington hotel, in Houston, offers Grilled Snapper with Pepper Relish

Exotic Shrimp Tamale with Corn Sauce, in corn husks, is the invention of chef Anne Lindsay Greer, a restaurant consultant and cookbook author

unique foods—we'll look at other areas of interest in later issues.) In Texas, Arizona and xico, innovative chefs are creating original fare ods indigenous to the region. Recipes for all ulous dishes above and more begin on page 173.

FALL PIES

continued from page 137

INDIVIDUAL APPLE TARTS

pictured on page 136

Prep time: 65 minutes plus chilling
Baking time: 20 to 25 minutes

Pastry

- 1½ cups all-purpose flour
- 1½ teaspoons sugar
- ¼ teaspoon salt
- 6 tablespoons unsalted butter
- 2 tablespoons shortening
- 5 to 6 tablespoons ice water

Apple Topping

- 3 pounds Golden Delicious apples, peeled and sliced thin
- 2 tablespoons fresh lemon juice
- ½ teaspoon grated lemon peel
- 3 tablespoons unsalted butter, divided
- 6 tablespoons plus 2 teaspoons sugar
- ¼ cup apple brandy

Pastry: In bowl combine flour, sugar and salt. With pastry blender or 2 knives, cut in butter and shortening until mixture resembles coarse crumbs. Sprinkle on water a tablespoon at a time, tossing with a fork until pastry is moist enough to hold together. Shape into a ball. Cover and refrigerate 1 hour or overnight.

Apple Topping: Toss apple slices with lemon juice and peel. In large skillet melt 1 tablespoon butter over medium-high heat. Add half the apples and sprinkle with 3 tablespoons sugar. Sauté until apples are deep golden brown, about 10 minutes. Remove from skillet. Repeat with 1 tablespoon butter, remaining apples and 3 tablespoons sugar. Return all apples to skillet. In small saucepan heat brandy over medium-high heat. Pour over apples. Ignite, shaking skillet until flame subsides. Cool to room temperature. *(Can be made ahead. Cover and refrigerate overnight.)*

Preheat oven to 425°F. Divide pastry into 6 equal pieces. On lightly floured surface roll each piece into a 6-inch circle. Transfer to 2 cookie sheets. Fold edges under and flute. Prick bottoms with fork. Spoon apples equally onto pastry. Sprinkle tarts evenly with remaining 2 teaspoons sugar; dot with remaining 1 tablespoon butter. Bake 20 to 25 minutes, until crust is golden. Serve warm with Custard Sauce if desired (see recipe on page 164). Makes 6 servings, 450 calories each without sauce.

FRUIT MINCEMEAT TART

pictured on page 137

Prep time: 75 minutes plus chilling
Baking time: 55 to 60 minutes

Pastry

- 1½ cups all-purpose flour
- 1½ teaspoons sugar
- ½ teaspoon salt
- ½ cup cold butter or margarine
- 4 to 6 tablespoons ice water

Filling

- 2 pears (about 1 lb.), diced
- 2 Golden Delicious apples (about 1 lb.), diced
- 1 cup water
- ⅓ cup chopped dried figs
- ⅓ cup chopped pitted prunes
- ⅓ cup firmly packed brown sugar
- ¼ cup chopped dried apricots
- ¼ cup golden raisins
- 2 tablespoons fresh lemon juice
- ¼ teaspoon grated lemon peel
- ¼ teaspoon cinnamon
- Pinch nutmeg
- Pinch ginger
- Pinch allspice
- 1½ cups chopped walnuts, toasted
- 3 tablespoons brandy

Pastry: In medium bowl combine flour, sugar and salt. With pastry blender or 2 knives, cut in butter or margarine until mixture resembles coarse crumbs. Sprinkle on *(continued)*

Journal Shopping Center

EASY AS 123
Page 40: Dinner plate, flatware, ceramic fruits, candle holders, vase, The Lee Bailey Shop, Saks Fifth Avenue, 611 5th Ave., NYC 10017. Pincemnt, napkin, Henri Bendel, 10 W. 57th St., NYC 10019. Tiles, Country Floors, 300 E. 61st St., NYC. 10021. Wooden bowl, bottom right, Thaxton & Co., 780 Madison Ave., NYC 10021.

THE LOOK THAT GOT THE JOB
Page 138: Left, hosiery, Evan Picone; belt, Johnny Farah ot Showroom Seven; watch, Armitron; bag, La Bagagerie.
Page 139: Skirt, jocket, Liz Claiborne; hosiery, Hanes Lycra; wntch, Monet; bag, Bottega Veneta; earrings, Marln Buck.
Page 140: Hosiery, Evan-Picone; watch, Anne Klein for Sutton Time; earrings, bracelet, Marla Buck. Right: Suit, sweater, Calvin Klein Classifications; hosiery, Calvin Klein; bag, Furla.
Page 141: Left: Earrings, Richard Serbin; bag, Bottega Veneta; necklace, Janet Norem. Rigbt: Dress, jacket, Mary Ann Restivo; scarf, Hermes; briefcase, Mark Cross; earrings, Richard Serbin.

A MASTERFUL MAKEOVER
Page 142 (Exterior): Architect, Wesley Wyrick & Assoc., 35 Field Point Rd., Greenwich, CT 06830, 203-622-8476. Renovations, Sacco Assoc., 1139 King St., Greenwich, CT 06830, 203-531-4299. Pnint availnble through Benjamin Moore dealers. Landscaping, Designs By Lee, Inc., 129 fnterlaken Rd., Stamford, CT 06903, 203-322-2206. Portico columns, Dixie-Pacific Mfg. Co., Div. of Hobbs Industries Inc., Rains Ave., P.O. Box 2296, Gasden, AL 35903, 800-468-5993 (in AL), 800-826-5338. Shutters, windows, Brockway-Smith Co., 146 Dascomb Rd., Andover, MA 01810, 617-475-7100. Exterior ligbting and landscape consultant, Harriet B. Drake, HBD LTD., 4004 SW Scholls Ferry Rd., Portland, OR 97221, 503-292-3208. Ground, house flood covers, Hydrel, 12881 Bradley Ave., Sylmar, CA 91342, 818-362-9465. Outdoor lanterns, HADCO, 100 Craftway, P.O. Box 128, Littlestown, PA 17340, 800-233-7167.
Page 143 (Kitchen): Stool, Carriage Trade, Westchester Ave., Pound Ridge, NY 10576, 914-764-4421. **(Living room):** Sofo fabric, Hilary Ottomnn Texture #8254.02/12. Tnble skirt, drapery fabric, Grande Bouquet glazed chintz #62413.01. Table skirt border, Hnutefort tassle fringe #90246, color 160. Pillow fabric, Paddington Texture #14240/3. Trim, Houtefort tassle fringe, Brunschwig & Fils, Inc., 979 3rd Ave., NYC 10022, 212-838-7878. Lamp, plates, Yale R. Burge Antiques, Inc., 305 E. 63rd, NYC 10021, 212 838-4005. Pfate on end table, Manderley Antiques, Westchester Ave., Pound Ridge, NY 10576, 914-764-4448. **(Master bedroom):** Desk, step, chair, Replicas 1800 Collection, Thomasville Furniture Ind. Inc., P.O. Box 339, Thomasville, NC 27360, 800-225-0265 (in NC), 800-672-4224. Cushion fabric, Higgins Texture #69695.01, Brunschwig & Fils, Inc.
Page 144: Design consultant, Thomas Hills Cook. Senior interior designer, Armstrong World Ind., Lancaster, PA 17602. Design consultant, Rosie Ripley, Designs Unlimited, Litchfield, CT 06759, 203-567-0002. All doors, Morgan Products, Ltd., 601 Oregon St., Oshkosh, WI 54903, 414-235-7170. Brass hardware, Baldwin Brass Center, 1142 2nd Ave., NYC 10021, 212-421-0090, courtesy of Post Rd. Iron Works, Greenwich, CT. Moldings, casing, Brockwoy-Smith Co. Flooring installation, Malcolm Mntice of Trumbull, CT 06611, 203-371-4091. **(Dining room):** Pedestal table, chest, chairs, Mahogany Collection; silver chest, Collectors Cherry Collection, Thomasville Furniture Ind. Inc. Carpet, Anything Goes! Supreme #679-7750 Mist Blue, Armstrong World Ind. Wallpaper, Bijoux #12904 from the S.P.N.E.A. Collection; curtains, seot fabric, Belearef Ottoman Print #78252.04, all from Brunschwig & Fils, Inc. Colloges, Melinda Hacket, 304 E. 5th St., NYC 10013. Cake plate, Kentshire Galleries Ltd., 37 E. 12th St., NYC 10003, 212-673-6644. Plates, compote, Yale R. Burge Antiques, Inc. Decanters, The Studio, 86 Main St., New Canaan, CT 06840, 203-966-1332. Wine holders, tray, Manderley Antiques. Table linens, Details, 33 E. Orange St., Lancaster, PA 17602, 717-397-5366. **(Foyer):** Wallpaper, Pompeian Stripe #13224; sent cushion fabric, Galante Ottoman Texture #6667.01/10, Brunschwig & Fil, Inc. Piono, Baldwin Piano & Organ Co., NY Div., 55-11 Queens Blvd., Woodside, NY 11377, 718-779-4333. Rug, Elizabeth Eakins Inc., 1053 Lexington Ave., NYC 10021, 212-628-1950. Mirror, side table, Michael Capo Antiques Ltd., 831 Broadway, NYC 10003, 212-982-9710/3356. Chair, Carringe Trade. Compote, Manderley Antiques. Painting, Faith Ohms, Litchfield, CT, 203-567-5662.
Page 145 (Living room): Cabinetry, Bill Radice, Port Chester, NY, 914-939-3547. Mantel, Morgan Products, Ltd. Hearth, Connecticut Stone Supplies Inc., 311 Boston Post Rd., Orange, CT 06477, 203-795-9767. Club chair, ottoman, end tables, Mahogany Collection, Thomasville Furniture Ind. Inc. Carpet, Anything Goes! Supreme #679-7777 Beige Foam, Armstrong World Ind. Club chair/ottoman fabric, Diantha glazed chintz #62044.01; Billy Baldwin-style chair fabric, Galante Ottoman Texture #6667.01/10, piped in Gabrielle Rope Tape #90476.05 color 13, Brunschwig & Fils, Inc. Coffee table, Luten Clarey Stern Inc., 1059 3rd Ave., NYC 10021, 212-838-6420. Cbinese chair, painting, teapot, throw, Manderley Antiques. Mantel painting by James Conboy, Bridgewater Gallery, 208 E. 7th St., NYC 10009, 212-505-9977. Dog painting, Barrie A. Wright, 47 E. 12th St., NYC 10003, 212-982-1998. Collages, Melinda Hackett. Coal scuttle, pillows, jardinieres, Kentshire Galleries Ltd. Pottery jugs, lotus vases as lamps from Yale R. Burge Antiques, Inc.
Pages 146, 147 (Kitchen): Designers, Lyn Peterson and Kristiina Ratia, Motif Designs, 20 Jones St., New Rochelle, NY 10801, 914-633-1170. Wollpaper, cafe curtains, "Dish Towel"; fabric on loveseat, "Butcher Baker," both from Kitchen & Bath Collection, Motif Designs. Solarian flooring #89502, Cbilton Square, Armstrong World Ind. Counter tiles, American Olean Tile, 1000 Cannon Ave., Landsdale, PA 19446, 215-855-1111. Cabinetry, Roseline Products Inc., 120 Schmitt Blvd., Farmingdale, NY 11735, 516-293-0823. Laminate, "Ice White," Formica Corp., Wayne, NJ 07470. Kitchen installation, William A. Whelan, Islip Terrace, NY, 516-581-3660. Recessed lighting, Thomas Industries Inc., Residential Lighting Div., 7400 LaGrange Rd., Suite 400, Louisville, KY 40207, 800-874-3100. Hanging lights, Holophane "Classics" #6635, available through Holophane, 214 Oakwood Ave., Newark, NJ 43055, 614-345-9631. Spot, flood lamps, Luxor Lighting Products Inc., 1050 Wall St., W. Lyndhurst, NJ 07071, 210-933-9400. Light switches, Leviton Mfg. Co., Inc., 59-25 Little Neck Pkwy., Little Neck, NY 11362, 718-229-4040. Cooktop available through Dacor dealers or Dacor, 950 S. Raymond Ave., Pasadena, CA 91105, 213-682-2803. Calphalon cookware, Commercial Aluminum Cookware Co., 3rd and D Sts., Ampoint Industrial Park, Perrysburg, OH 43551, 419-666-8700. Dishwasher, double oven, KitchenAid, Inc., 701 Main St., St. Joseph, MI 49085, 800-422-1230. "Timemaster" microwave oven, model MV 3600 XS, Whirlpool Corp., Benton Harbor, MI 49022. Sink, #PR660, Franke, Inc., P.O. Box 428, Hatfield, PA 19440, 215-822-8014. Personal computer, model 30 PC w/ 8503 display, 30SG keyboard, IBM Corp., 1555 Chestnut Ridge Rd., Montvale, NJ 07645, 201-930-5176. Drop-leaf table, hutch, trunk, round table, Knock On Wood, 31 Tokeneke Rd., Darien, CT 06820, 203-655-9309. Toaster, Rowenta, 281 Albany St., Cambridge, MA 02139, 617-661-1600. Handymixer beater, Black & Decker U.S. Household Products. Food processor, model DL-7 SuperPro, Cuisinarts, Inc., 15 Vnlley Dr., Greenwich, CT 06836, 800-243-8540. Spacemaker TV, speaker telepbone by GE. Ceramic dinnerware, Ceramica Mia, 182 Hester St. at Mulberry St., NYC 10013, 212-966-3170. Afl other table-top goods, Wolfman-Gold & Good Co., 484 Broome St., NYC 10013, 212-431-1888. Birdhouses, Barbara Trujillo Antiques, Main St., Bridgehampton, NY 11932, 516-537-3838. Dish towel, apron, The Gazebo, 660 Madison Ave., NYC 10021, 212-832-7077. Wooden items on floor, The Country Willow, Route 20, Sturbridge Market Place, Sturbridge, MA 01588, 617-347-5630. Wooden horse, tiny chair, Homespun, available through The Country Willow.
Pages 148, 149 (Master bedroom): Chest on chest, bed, foveseat, chaise, chair, Thomasville Ind. Inc. Wallpaper border, New Salem Feather Border #13274. Fnbric on sofa, curtains, canopy, Bouquet De Fleurs glazed chintz #62425.01; canopy lining, Coraux glazed chintz #62709.01; plaid fabric on chair, pillows, Pita Cotton Check #60400.01; fnbric on chaise, Cecily's Ribbons glazed chintz #65875.01, Brunschwig & Fils, Inc. Carpet, Anything Goes! Supreme #679-7751 Soft Turquoise, Armstrong World Ind. All flowers, Shepard-Clark & Co., Ltd., 888 Madison Ave., NYC 10021, 212-861-8686. Drapery hardware, Kirsch, 309 N. Prospect St., Sturgis, MI 49091, 800-528-1407. Painting by Lechay; art above lovesent (nude), "Series No Exit XIII" by Sokolowski, (women), "Making Acquaintances" by E. Meyers, Kraushaar Galleries, 724 5th Ave., NYC 10019, 212-307-5730. Wicker chair, tray on stand, stand, Manderley Antiques. Wicker settee, Kentshire Ltd. Throw, Sweet Nellie, 1262 Madison Ave., NYC 10128, 212-876-5775. Table skirt, ceramic bowls, Elizabeth Eakins Inc. Lace pillows, rag rugs, The Gazebo. Bed cover, Tudor Rose, Scandia Down Shops, P.O. Box 88819, Seattle, WA 98188, 800-237-5337. Bed linens, Le Palnis from The Court of Versailles Collection, Cannon Royal Family, Cannon Mills Co., 1271 6th Ave., NYC 10020, 800-237-3204. Du Pont approved-Quallofirm pillows. Majolica lamp, Lamps and Shades Unlimited, 44 Elm St., New Canaan, CT 06840, 203-966-1314. **(Child's room):** Headboard, chest, bedside table, Replicas 1800 Collection, Thomasville Furniture Ind. Inc. Wallpaper, "Paysage a Versailles" #VC4122; border, "Vence border" #VC4024; fabric, "Paysage a Versailles" #VC412F2, Carleton Varney, from a French Country Garden, Color House, 23645 Mercantile Rd., Cleveland, OH 44122, 216-464-3700. White curtain, Waverly, Div. of F. Schumacher & Co., 800-423-5881. Carpet, Anything Goes! Supreme #679-7750 Mist Blue, Armstrong World Ind. Bed finens, Montraux Atelier Martex, Div. of Westpoint Pepperell Inc., 1211 6th Ave., NYC 10020, 212-382-5000. Pillow fabric, "Farmhouse in Provence" #CEZ-940-F, Victoria Morland Collection for Raintree Designs Inc., 979 3rd Ave., NYC 10022, 212-477-8594. Toys, clock, Civilization, 78 2nd Ave., NYC 10003, 212-254-3788. Rocker, The Country Willow. **(Living room detail):** Chair, Thomasville Furniture Ind. Inc. Chair fabric, Emillion Woven Check #80187.02, Brunschwig & Fils, Inc. Table, Manderley Antiques. Japanese plate, Yale R. Burge Antiques, Inc.

BEAUTY FIRST AID
Page 155: Wntch, Anne Klein for Sutton Time; sweater, Joan Vass USA; earrings, Richard Serbin.
Page 157: Sweater, Joan Vass USA; hairband, Debra Moises.
Page 159: Nightgown, Calvin Klein Sleepwear; towel, Ralph Lauren Domestic.

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FALL PIES
continued

water a tablespoon at a time, tossing with a fork until pastry holds together. Shape into 2 balls, one slightly larger than the other. Cover and refrigerate 1 hour or overnight.
Filling: In large saucepan combine all ingredients except walnuts and brandy. Bring to a boil; reduce heat and simmer, stirring occasionally, until fruits are tender and filling is thickened, 35 to 40 minutes. Remove from heat; stir in walnuts and brandy. Cool.

Preheat oven to 425°F. On lightly floured surface roll larger pastry ball into an 11-inch circle; line a 9½-inch tart pan with a removable bottom, leaving ½-inch overhang. Spoon in filling. Roll remaining pastry into a 9½-inch circle. Cut into ten ½-inch-wide strips. Weave strips in a lattice pattern over filling. Fold overhang up over strips; trim to edge of pan. Bake 10 minutes. Reduce heat to 375°F. and continue baking 45 to 50 minutes, until filling is bubbly and crust is golden. Cool completely on a wire rack. *(Can be made ahead. Wrap tightly and freeze up to 2 weeks. Thaw at room temperature 6 to 8 hours.)* Remove from tart pan and serve with Custard Sauce if desired (recipe follows). Makes 8 servings, 515 calories each without sauce.

CUSTARD SAUCE

pictured on page 137

Prep time: 5 minutes
Cooking time: 10 minutes

- 1 cup heavy or whipping cream
- 1 cup milk
- 3 tablespoons sugar
- 4 egg yolks
- 2 tablespoons brandy
- 1 teaspoon vanilla extract

In medium saucepan combine cream, milk and sugar; heat to scalding. In medium bowl whisk egg yolks until lemon-colored. Gradually pour in hot cream mixture, whisking constantly. Return to saucepan; cook over low heat, stirring constantly, until thick enough to coat the back of a spoon. Remove from heat. Stir in brandy and vanilla. Refrigerate until cold. Makes 2 cups, 45 calories per tablespoon.

CRANBERRY PEAR PIE

pictured on page 137

Prep time: 50 minutes plus chilling
Baking time: 65 to 70 minutes

Pastry

- 2¼ cups all-purpose flour
- 1 tablespoon sugar
- 1 teaspoon salt
- 10 tablespoons cold butter
- 3 tablespoons shortening
- 6 to 8 tablespoons ice water

Filling

- ⅔ cup sugar
- Water
- 3 pounds pears, diced
- 1½ cups cranberries
- ½ teaspoon grated lemon peel
- ¼ teaspoon salt
- 3 tablespoons cornstarch
- 1 tablespoon butter
- ½ teaspoon vanilla extract

Pastry: In bowl combine flour, sugar and salt. With pastry blender or 2 knives, cut in butter and shortening until mixture resembles coarse crumbs. Sprinkle on water a tablespoon at a time, tossing with a fork until pastry is moist enough to hold together. Shape into 2 balls, one slightly larger than the other. Cover and refrigerate 1 hour or overnight.
Filling: In large saucepan combine sugar and ½ cup water. Bring to a boil; reduce heat and simmer 5 minutes. Add pears, cranberries, lemon peel and salt. Simmer until cranberries have popped, about 10 minutes. In small bowl dissolve cornstarch in ¼ cup water. Stir into cranberry mixture. Bring to a boil; reduce heat and simmer 2 minutes, stirring occasionally. Remove from heat; stir in butter and vanilla. Cool completely.

Preheat oven to 425°F. On lightly floured surface roll larger ball into a 12-inch circle; line a 9½-inch deep-dish pie plate. With knife or pastry wheel, trim pastry to edge of plate. Roll remaining pastry into a 10-inch circle; cut into equal 8 wedges.

Spoon filling into pastry; arrange wedges on top. With tines of a fork, press edge to seal. Bake 15 minutes. Reduce heat to 375°F. and continue baking 50 to 55 minutes, until filling is bubbly and crust is golden. Cool completely on a wire rack. *(Can be made ahead. Wrap tightly and freeze up to 2 weeks. Thaw at room temperature 6 to 8 hours.)* Makes 8 servings, 265 calories each.

ESPRESSO PECAN TARTS

pictured on page 137

Prep time: 45 minutes plus chilling
Baking time: 30 to 35 minutes

Pastry

- 2 cups all-purpose flour
- 3 tablespoons sugar
- ¼ teaspoon salt
- ½ cup cold butter or margarine
- 2 egg yolks
- 5 tablespoons ice water

Filling

- 1 teaspoon instant espresso powder
- 1 tablespoon boiling water
- 2 eggs, lightly beaten
- ⅔ cup firmly packed dark brown sugar
- ⅔ cup light corn syrup
- 2 tablespoons butter, melted
- 2 tablespoons coffee-flavored liqueur
- ½ teaspoon vanilla extract
- 2 cups pecan halves, toasted

Coffee Whipped Cream

- 1 cup heavy or whipping cream
- 2 tablespoons confectioners' sugar
- 2 tablespoons coffee-flavored liqueur
- Chocolate coffee beans

Pastry: In large bowl combine fl sugar and salt. With pastry blende 2 knives, cut in butter or margar until mixture resembles coa crumbs. In small bowl whisk egg y with water until blended. Add mixture, tossing until pastry h together. Shape into a ball. Cover refrigerate 1 hour or overnight.

Preheat oven to 425°F. Divide pa into 6 equal pieces. On lightly flou surface roll each piece into a 6-i circle; line six 4¾-inch tart shells v removable bottoms. Prick bott with a fork. Freeze 15 minutes. C tart shells with foil and fill with cooked rice or dried beans. Bake cookie sheets 10 minutes. Remove with rice or beans. Continue bak tart shells 8 to 10 minutes, until cr are golden. Cool on a wire rack. duce oven temperature to 350°F.
Filling: In medium bowl diss espresso powder in boiling water. eggs, brown sugar, corn syrup, but liqueur and vanilla; stir until just c bined. Fold in pecans.

Spoon filling evenly into tart sh arrange on cookie sheets. Bake 3 35 minutes,until filling is just set. on a wire rack 10 minutes. Rem from tart pans; cool completely. *(Ca made ahead. Wrap and freeze up weeks. Thaw at room temperature 8 hours.)* Serve with a dollop of C Whipped Cream and garnish w chocolate coffee beans Makes 6 s ings, 980 calories each with cream *Coffee Whipped Cream:* In mixer b beat cream, sugar and liqueur u soft peaks form.

CRANBERRY-ORANGE-GOAT CHEESE TART

pictured on page 137

Prep time: 45 minutes plus chilling *(contin*

HWEST CUISINE

d from page 161



to right, a range of peppers
o mild: habañero, cayenne,
lapeño, Anaheim, poblano

Chili peppers come in a vari-
ors—green, red, yellow and
olor indicates ripeness, not
is a better indicator of
smallest are the hottest.
stic gloves when chopping
at is concentrated in seeds.

TAMALES WITH CORN SAUCE

e Lindsay Greer, Dallas

ctured on page 161

author of several books on
ern cookery, is also a consul-
l companies and restaurants.

1 hour plus standing
me: 25 to 30 minutes

Dough

- 1½ cups whole-kernel corn, divided
- 2 tablespoons minced shallots
- ¾ cup chicken broth, divided
- 1 cup yellow cornmeal
- ½ cup unsalted butter, softened
- ¼ cup shortening
- 1 teaspoon sugar
- ½ teaspoon baking powder
- ½ teaspoon salt
- ¼ teaspoon white pepper
- Pinch ground red pepper
- ½ cup diced red pepper
- ¼ cup roasted, peeled and diced poblano (pasilla) chili
- 1 cup chopped raw shrimp
- ½ package dry tamale husks (at least 30), soaked 2 hours

Sauce

- 2 tablespoons butter
- 2 tablespoons minced shallots
- 24 shrimp, shelled and deveined
- 1½ cups whole-kernel corn
- ½ cup dry white wine
- ¼ cup water
- 2 cups heavy or whipping cream
- ¼ cup roasted, peeled and diced poblano (pasilla) chili
- ¼ cup diced red pepper
- 1 tablespoon chopped cilantro
- Salt and freshly ground pepper

Cilantro sprigs, for garnish

Dough: In blender or food processor combine 1 cup corn, shallots and 2 tablespoons chicken broth; puree coarsely. Transfer to a medium bowl. Add cornmeal, butter and shortening; beat until well blended. Stir in remaining chicken broth, sugar, baking powder, salt, white and ground red pepper. (Dough should be the consistency of thick batter.) Fold in remaining ½ cup corn, red pepper, poblano or green pepper and shrimp. Let dough rest until firm, about 20 minutes.

Preheat oven to 450°F. Select 2 husks about the same size and overlap long edges. Spoon a generous ¼ cup dough in center. Roll edges inward, cigar-fashion. Tie each end with string or a strip of fringed husk. Repeat with remaining husks and dough to make a total of 12 tamales.

Into bottom of broiler pan pour enough boiling water to reach just below broiler rack. (Do not let water touch rack.) Arrange tamales on rack; cover tightly with heavy-duty foil. Steam in oven until tamales are puffed and hold their shape, *(continued)*



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■ SOUTHWEST CUISINE
continued

2 tablespoons salad oil. Season v
salt and pour over greens. Toss.

To serve, divide salad amon
plates. Place julienned meat on to
serving quail, place reserved legs
crisscross pattern on each pl
Spoon about 1 tablespoon Honey-M
tard Vinaigrette over meat. Se
Makes 6 servings, 360 calories eac
Honey-Mustard Vinaigrette: In b
whisk all ingredients. Makes ½ cu

From THE MANSION ON TURTLE CREEK COOKBOO
Dean Fearing. Copyright © 1987 by Rosewood Hotel
Published by Weidenfeld & Nicolson, New York.

SWEET POTATO-PECAN SALAD WI SWEET PEPPER VINAIGRETTE

Robert Del Grande, Café Annie, Hou

Robert, a California native, learne cook on the job.

Prep time: 1½ hours plus cooling

Dressing

- 1 red pepper
- 1 yellow pepper
- 2 poblano (pasilla) chilies
- ½ cup walnut oil
- ¼ cup coarsely chopped cilantr
- 2 tablespoons cider vinegar
- 1 tablespoon minced shallots
- 1 tablespoon fresh lime juice
- ½ teaspoon minced garlic
- ½ teaspoon salt
- ¼ teaspoon freshly ground pep

- 4 large sweet potatoes
- ½ cup toasted pecan halves
- ½ bunch watercress

Dressing: Preheat broiler. Place
pers and chilies on broiler pan. Bro
inches from heat source, turning
necessary, until charred, 10 to 15 m
utes. Cover with a towel and stea
minutes. When peppers and chilies
cool, peel, seed and dice them. Tran
to bowl; combine with remaining in
dients. Marinate at least 30 minut

Meanwhile, preheat oven to 37
Bake sweet potatoes until tender, 5
60 minutes. Cool.

Peel potatoes and slice ¼ inch th
Arrange on a serving platter in a
cle, leaving center open. Stir dres
and spoon ¾ cup over potatoes. I
remaining dressing. Garnish with
cans and watercress. Makes 6 s
ings, 380 calories each.

Editor's note: Fresh chilies can be
dered by your supermarket prod
buyer through Frieda's Finest/Prod
Specialties, Inc., P.O. Box 58488,
Angeles, CA 90058. Tamale hu
chipolte paste and canned tomat
can be ordered by mail from C
Moneo, 210 W. 14th St., NYC 1001

MOTHER OR WIFE

continued from page 103

n't easy. "Change is difficult," says Dean Smith, .F.C.C., director of the American Institute of Family ounseling and Human Relations, in Orange County, Cali-rnia. "There will be fights, but that can be healthy if ogged channels of communication are finally opened."

And change requires determination, as one wife, Margie llivan, discovered. "When our youngest son started kin-rgarten, I returned to work. I'd always arranged my hedule around my husband, Tim. But I was starting to t angry about that, so I decided to do something for yself," recalls Margie, a legal secretary. "An aerobics ass I'd been wanting to take was offered at five o'clock. I ld Tim about the class, and I thought he'd manage with-t me. The first night, I walked in the door at six-thirty, d Tim was sitting forlornly in the living room. He hadn't en gotten dinner for the kids. I was livid, but I said lmly, 'Look, you can't be this dependent on me.' I had enty of guilty moments, but I kept going to the class, and entually I stopped feeling guilty."

Now, Margie says, "Tim knows that my needs come fore his sometimes."

Developing a healthy self-interest, as Margie did, will lp a wife break out of the circle of rage, experts say. yce Brothers, columnist and author of *What Every Wom- Ought to Know About Love and Marriage* (Simon & huster, 1984), says, "I preach one sermon—put your hus-nd first—but I don't mean that you should put him ead of yourself. Put him ahead of your friends, your rents, your children, but that's it. In your life, *you* come st. This is self-preservation."

For some couples, the problem may be too deeply rooted solve on their own. In that case, professional counseling in order. "The more I did, the more Jack expected it and e less he appreciated it," says Sharon, thirty-five, a loan ficer in a bank. "I was taking his car in for a tune-up, assaging his back, listening to his bad-day stories—and I asn't getting much in return. I was furious."

The two grew so alienated from each other that every scussion of their problems turned into a shouting match, and wasn't until they saw a marriage counselor that Sharon ally listened to her husband. "He said he resented being eated like a little boy. I looked inside myself and realized at's how I really felt about him. Once I stopped feeling sponsible for him, I stopped treating him like a child."

If the husband won't go to a counselor, Dean Smith says, e wife should go alone. "If she changes, that will go a ng way toward changing the relationship," he says.

If you've been mothering your partner and want to stop, e experts offer the following advice:

Go slow Don't throw down the gauntlet and ostentatious-announce your intentions; your husband could decide to ntinue in his behavior pattern out of sheer stubbornness. nd don't expect the relationship to change dramatically a matter of days, or even weeks. Forging a new pattern relating takes time.

Change your self-image Stop thinking of yourself as your sband's caretaker and start thinking of yourself as his rtner and companion.

Don't be afraid to speak up If something bothers you—his titude, his behavior—let him know. Don't let yourself be anipulated by old expectations (yours as well as his).

Reassure your husband Tell him that although your rela-onship is changing, you still love him.

Avoid confrontations If your husband becomes angry, ait until he's calmed down before discussing the matter ith him. Keep your tone light and nonthreatening. Al-ays give him a chance to express his views, too. **End**

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DOLLY PARTON

continued from page 120

realized that her taste is very different from theirs. "Being brought up poor, I appreciate the value of a dollar," adds the woman who will earn more than forty million of them with her TV show. "I'd much rather shop in a mall and buy some cheap clothes than go into some fine store and buy something that costs a fortune. Why should I spend ten thousand dollars on a fur coat? I'm just like my daddy—a tightwad."

Dolly leans forward in her chair and laughs heartily. The gleam in her eye reveals that she loves making fun of herself. "When I want to be, I can be such a slouch, and I can be *ugly!*" she says. "When I'm not in public, I put all my wigs away. I just wear my hair long, blond and straight. Who knows, maybe on my show I'll appear without a wig so people will see that I'm not as bald as Kojak."

She may insist she's not stylish, but that isn't keeping her from developing her own line of clothing and cosmetics. "I want to design something for the average woman, something that could be sold at Sears or Penney's," she says.

In recent years, Dolly has become a savvy businesswoman. Her newest venture is the restaurant she just opened, DP's, in Honolulu. "It's a co side plantation; I'm really exte about it," Dolly explains. "I've al had a burning desire to own a re rant." In fact, she's negotiating to a chain of eateries and considerin troducing a line of diet foods.

"I get a kick out of the business of the business," she says. "I love ting in there with the big boys doing my thing."

On the home front

Dolly's husband of twenty-one y Carl Dean, has always remained etly in the background. Though portive of his wife, he is happy t her handle her own career. This rangement works perfectly for bo them. "Carl loves his privacy; he's of a loner," Dolly says. "The secr our happy life is that we don't de on each other for happiness. The that we have not been in each ot face night and day has helped, too

Dolly realizes it can be difficul Carl when the press and fans clamoring, so they bought a se home outside Nashville for added p cy. "Nobody has to feel sorry for Ca lot of people say, 'That poor old son bitch . . . ' But that poor old son bitch is probably happier than most ple because he's got everything wants just the way he wants it."

Because Dolly has devoted so m time to her work, she and Carl h never had children, which she says sometimes regrets. Several years Dolly had a partial hysterectomy can no longer become pregnant. "(and I wanted children for years," says. "I used to grieve after the hys ectomy, but since I turned forty doesn't bother me as much. I th God meant for me not to have child My songs are my children, and given life to three thousand of the

Had she had kids, Dolly adm most of those songs would never h been written. She would have en her career to be with her family would never have wanted some else to raise my children," she plains. "I would have wanted to s them to school each day and to there when they got home."

Lovers and other strangers?

It's hard to imagine this multimilli dollar superstar at home baking co ies; with her flamboyant style, D isn't exactly your average homebo Since some of her closest friends male, rumors are forever flying t she's had affairs with handsome stars. "People think I've slept with erybody I've worked with," she rela matter-of-factly. "They say I slept w Sylvester Stallone and (continu









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DOLLY PARTON
continued

Burt Reynolds. I should have. If I had it to do over again I might. But people just automatically say I slept with everyone. Some of them I have, and some of them I ain't. And we won't say who."

But even when she "ain't," Dolly admits, the thought has often crossed her mind. "For me to say I don't look at men and lust after them would be a lie, because I've done it many times. I expect to do it today. I'm married, but I'm not blind."

From all her observing, Dolly has learned a few things about the opposite sex. Like a great sage, she sums up her ideas about romance: "Sometimes a great friend can be a great lover, and a great lover can be a great friend. But sometimes a great lover can't be a friend at all."

Dolly admits that many of the lessons she's learned in life have come the hard way—from experience. One of twelve children who grew up in poverty, she has had her share of heartache. Yet she insists she wouldn't change a thing. Well, maybe just one thing. "If I did come back in another life, I'd like to be a natural beauty with long, black hair. Maybe I'd be Hawaiian, with beautiful brown skin."

Dolly catches herself daydreaming and quickly returns from the shores of Oahu to her penthouse in L.A. With a shrug of her tiny shoulders, she reiterates, "Given the same body, I wouldn't change anything about my personality or the way I've lived. After all, my life has been richly blessed." **End**

The men in Dolly's life

In her two decades in show business, Dolly Porton has worked with some of America's most fascinating—and contraversial—male superstars. Here ore her views an same of them:

SYLVESTER STALLONE

Rumor had it thot Dolly and Rombo were canstantly ot odds when they teamed up to make *Rhinestone* in 1984. Dolly insists it isn't true. "I mode that movie at a very difficult time in my life. I was sick with stamoch problems, overweight and depressed," she soys. "Stollone was terrific because he wos full of life and health and energy. And as egotistical as some folks say he is—he's a very proud person, and I'm sure he can be very difficult for some people—he was wonderful to me. He seemed to be excited by me, too, becouse I think I stirred up samething in him that wos alive, different, humon. We're still friends in a way."

BURT REYNOLDS

Their 1982 movie, *The Best Little Whorehouse in Texas*, turned out to be ane of the worst little disosters in Hollywaad. Not only did the film bomb, but the set was plagued by infighting. "It was a bloodbath all the way," Dolly says. Still, she hos ogreeoble things to say about her co-star. "The public loves Burt; it's Hollywood that daesn't appreciate him," she explains. "The man has done fabulaus things. He was the number-one box affice draw for years. If a project was good, and he was willing to da it, I certainly would be."

KENNY ROGERS

"I think af Kenny as my best friend—almast as o brather. We're so much alike os peaple. We both grew up very hard in big families. We were very poor. We're both dawn to earth. When I look at Kenny, it's like looking at myself. People say we had an affair, but there wos never anything sexual between us. We've just always really liked each ather."

JOHNNY CARSON

"Everybody thinks me and Johnny are great friends, because we have this great communicotion. Actuolly, I've never seen Johnny except when I'm a guest an *The Tonight Show*. Even then I don't talk ta him backstage. But when we talk on the show or during commercials, that's enough. Some people yau just lave. You know they're real ond they're right; you communicate with them. When that happens, you don't hove ta be great friends."



Y. Gunner/Sygma

Kenny Rogers



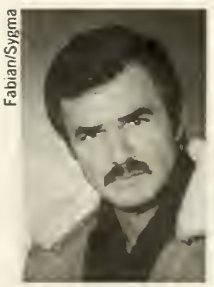
S. Stallone/Sygma

Sylvester Stallone



Trapper/Sygma

Johnny Carson



Fabian/Sygma

Burt Reynolds

A WOMAN TODAY
continued from page 30

daughter. Her father and I were
her, and we tried to comfort La
through our tears. But there was
we could say to ease the pain.

A young blond couple came int
room. The husband gave Laurel a y
rose as a gift from her daughter. Qu
the wife said, "What a beautiful bab

The new parents let Laurel dres
daughter for the last time. Then
rel held the baby, kissing her and
ing. I felt as if my heart would b
Laurel handed the baby to the
parents, and they left.

For the next two weeks, La
stayed home from school to think
and sleep. The social worker came
ularly, and Laurel's friends visited
nally, she went back to school.
seemed happy again.

But as the date for the court hea
approached—when she would le
surrender the baby—she became
quiet. I knew something was wr
but she refused to talk to me abou
Five days before the hearing, th
cial worker called me at work to
that after talking to Laurel, she
that my daughter was going to ch
her mind and keep the baby.

A feeling of dread came over
Gathering all my strength, I told
rel that I loved her very much and
I loved her child, too, that I now
mired the choice she had made to
her baby and how well she had co
But most of all, I wanted what
best for both of them, and I truly
that the baby would be better off
her new parents. Because I felt
way, I said, I would not allow the
to live in my house. Saying that to
daughter was the hardest thing
ever done, but I had to be honest.

The court date arrived. La
wouldn't say what she was going t
and I was frightened and worried
the office next to the courtroom,
sat down, gave a small smile
signed her name to the surrender
pers. In the courtroom, we both
the stand and said we believed
were doing what was best for the b
I had never felt prouder of my da
ter or more filled with love.

"You know, Mom," Laurel said to
later with tears in her eyes, "I k
now that doing the best thing for
child is one of the hardest jobs of b
a good parent."

Today, Laurel and I are close
again, and we have learned to v
each other's opinions. Laurel keep
touch with the baby's parents thro
the department of human services,
she feels very proud that she gave
child a good home. So do I.



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3 Company-Special Snacks

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WALNUT-STUFFED MUSHROOMS

- 12 large fresh mushrooms
- 1 3-ounce package cream cheese with chives
- ¼ cup finely chopped walnuts
- 1 teaspoon lemon juice
- Dash bottled hot pepper sauce

Wash and dry mushrooms. Remove stems; finely chop stems. In a small microwave-safe bowl micro-cook cream cheese, uncovered, on 30% power (medium-low) 1 to 1½ minutes or until softened. Stir in mushroom stems, walnuts, lemon juice, and hot pepper sauce. Fill each mushroom with 1 tablespoon cream cheese mixture; arrange in a circle in a 9-inch microwave-safe pie plate. Micro-cook, uncovered, on 100% power (high) 3 to 4 minutes, turning plate once after 2 minutes. Makes 12 appetizers.

4 Ham in Just 15 Minutes

This speedy recipe is perfect for brunch or dinner. Whip up the peach glaze in the blender.

PEACH-GLAZED HAM SLICE

- 1 8¾-ounce can peach slices, drained
- 2 tablespoons honey
- 2 tablespoons lemon juice
- ¼ teaspoon ground cinnamon
- 1 1½- to 2-pound fully cooked ham slice, boned and cut 1¼ inches thick

For glaze, in a blender container combine peach slices, honey, lemon juice, and cinnamon. Cover and blend until smooth. Place ham in a 10x6x2-inch microwave-safe baking dish. Cover with waxed paper. Micro-cook on 100% power (high) 8 to 10 minutes or until heated through, turning ham over and brushing with glaze after 5 minutes. In a 2-cup microwave-safe measure micro-cook remaining glaze, uncovered, on high 1 to 2 minutes or until heated through. Spoon over ham. Makes 6 to 8 servings.

5 Another Taste Of Turkey

Here's proof positive that Thanksgiving turkey is just as delicious the second time around.

TURKEY AU GRATIN

- 1 stalk celery, sliced
- 1 medium onion, chopped
- 2 tablespoons margarine or butter
- 2 cups milk
- 1 cup quick-cooking rice
- 1½ cups diced cooked turkey
- 1 10¾-ounce can condensed cream of mushroom soup
- 1 cup herb-seasoned stuffing mix
- 1 cup shredded cheddar cheese (4 ounces)
- 1 4-ounce can green chili peppers, rinsed, seeded, and chopped (optional)

In a 2-quart microwave-safe casserole combine celery, onion, and margarine. Micro-cook, covered, on 100% power (high) 2 to 3 minutes or until onion is tender. Add milk. Micro-cook, covered, on high 4 to 6 minutes or until steaming and foamy but not boiling. Stir in uncooked rice. Let stand covered, 2 minutes.

Stir in turkey, condensed soup, stuffing mix, half of the cheese, and, if desired, peppers. Micro-cook, covered, on high 7 minutes or until heated through, stirring once. Sprinkle with remaining cheese. Let stand until cheese is melted. Serves 6.

6 Cornish Hens in Half the Time

Cook up a new holiday tradition with the festive cranberry-and-cherry-glazed Cornish hens, pictured left. Your microwave makes it easy.

CHERRY-GLAZED CORNISH HENS

- 2 1- to 1½-pound Cornish game hens
- ¼ cup cherry preserves
- ¼ cup cranberry juice cocktail
- 1½ teaspoons cornstarch
- 1 teaspoon soy sauce
- ¼ teaspoon finely shredded orange peel

Thaw hens, if frozen. For glaze, in a 1-cup microwave-safe measure combine cherry preserves, cranberry juice cocktail, cornstarch, soy sauce, and orange peel. Micro-cook, uncovered, on 100% power (high) 1 to 2 minutes or until thickened and bubbly, stirring once. Set aside.

Rinse hens and pat dry. Season cavities of hens with salt and pepper. Tie legs to tail. Twist wing tips under back. Place hens, breast side down, on a microwave-safe roasting pan with rack. Cover with waxed paper. Micro-cook on high 13 to 18 minutes or until done, turning hens breast side up and brushing with glaze after 8 minutes. When hens are done, the drumsticks should move easily in their sockets and no pink should remain. Brush with remaining glaze. Cut in half to serve. Makes 4 servings.

Thaw Your Turkey In Almost No Time

If you have a frozen bird on your hands, call on your microwave oven for help.

Place an 8- to 10-pound unwrapped bird, breast side down, in a microwave-safe baking dish. Remove the metal clamp, if present. Defrost on 30% power (medium-low) 25 minutes for 8-pound bird and 30 minutes for 10-pound bird. Halfway through defrosting time, turn the bird breast side up and remove the giblets packet. Remove bird from the microwave oven when it starts to cook on the edges. Let bird stand in cold water 30 minutes. Return to microwave-safe baking dish. Defrost 8-pound bird 20 minutes longer and 10-pound bird 30 minutes longer on medium-low. Halfway through the defrosting time, turn bird over.

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Spicy Poached Fruit

7 Naturally Sweet Potatoes

Studded with dried fruit, this dish is a delicious alternative to mashed sweet potatoes.

FRUITED SWEET POTATOES

In a 2-cup microwave-safe measure combine ½ cup mixed dried fruit bits and ½ cup water. Micro-cook, covered, on 100% power (high) 1½ to 2½ minutes or until boiling. Set aside.

Peel and quarter 3 medium sweet potatoes. In a 1-quart microwave-safe casserole micro-cook sweet potatoes in ½ cup water, covered, on high 10 to 13 minutes or until very tender, stirring once. Drain sweet potatoes and the dried fruit.

Mash potatoes with an electric mixer on low speed. Add dried fruit, 2 tablespoons margarine or butter, and ¼ teaspoon salt. Gradually beat in enough milk (about ½ to ⅔ cup) to make potatoes light and fluffy. Spoon into the 1-quart casserole. Micro-cook, uncovered, on high 2 to 3 minutes or until heated through, stirring once. Serves 5.

8 Snap, Crackle, Popcorn Balls!

Surprise popcorn lovers with these caramel-coated balls. To micro-pop popcorn, use a microwave popcorn popper or popcorn packaged specifically for microwave ovens.

CARAMEL POPCORN BALLS

- ½ of a 14-ounce package (about 25) vanilla and chocolate caramels
- 2 teaspoons margarine or butter
- 7 cups popped popcorn

In a 4-cup microwave-safe measure micro-cook the caramels, the margarine or butter, and 1 tablespoon water, uncovered, on 100% power (high) 2 to 3 minutes or until mixture can be stirred smooth. Pour the caramel mixture over the popcorn; toss gently until the popcorn is well coated.

With buttered hands, shape the popcorn mixture into 8 balls. (If mixture becomes too cool, micro-cook, uncovered, on high 30 seconds.) Cool on waxed paper. Makes 8 popcorn balls.

9 Fabulous Holiday Finale

Complete your holiday meal with this sweet-and-simple pear dessert, pictured above.

SPICY POACHED FRUIT

- ½ cup water
- ½ cup apple or grape juice or cranberry juice cocktail
- 2 tablespoons honey
- 3 inches stick cinnamon, broken up
- 2 whole cloves
- 1 ⅛-inch-thick gingerroot slice
- 4 ¼-inch-thick orange slices
- 4 medium pears or apples
- Thin orange peel strips (optional)

In a 2-quart microwave-safe casserole combine the water, the juice, the honey, the broken cinnamon, the cloves, and the gingerroot slice. Add the orange slices. Micro-cook, covered, on 100% power (high) 4 to 6 minutes or until boiling.

Meanwhile, core fruit; leave stems intact on pears, if desired. Peel pears completely (except for a decorative strip around each stem, if desired) or peel a ½-inch-wide strip from top of each apple. Add fruit to hot juice mixture. Micro-cook, covered, on hig 4 to 6 minutes or until fruit is tender, rearranging and spooning cooking liquid over fruit once.

Transfer fruit and cooking liquid to serv dish. Serve warm or chilled. Garnish with orange peel strips, if desired. Serves 4.

10 Christmas Candy: Easy as 1-2-3!

Melt, stir, and drop—these candies a that easy.

CHOCOLATE CLUSTERS

In a 2-cup microwave-safe measure micr cook 1 cup semisweet chocolate pieces a 1 tablespoon shortening on 100% power (high) 2 to 2½ minutes or until melted. St in 1½ cups nuts, chow mein noodles, or tiny marshmallows. Drop from a spoon o waxed paper. Cover; refrigerate until firm. Makes about 18 pieces.

11 On-Call Cappuccino

Keep this Italian-style coffee mix on hand during the holidays. Simply ad water and micro-cook.

CAPPUCCINO AND CREAM MIX

- 1½ cups orange liqueur
- ½ cup instant Italian-style coffee powder
- ¼ cup packed brown sugar
- Whipped cream or pressurized dessert topping

Combine liqueur, coffee powder, and brown sugar; mix well. Cover and store u to 2 months in the refrigerator. Makes ab 2 cups mix (enough for 10 servings).

For each serving, in a microwave-safe mug combine ½ cup water and 3 tablespoons mix. Micro-cook, uncovered, 100% power (high) 1 to 2 minutes or unt hot. Top with whipped cream and, if desired, orange peel. Serves 1.

Note: For 2 servings, micro-cook on hig 2½ to 3½ minutes.

12 Quick Winter Warm-Up

Mull this spicy sipper in the microwa in less than 10 minutes.

SPICED WINE PUNCH

Tie 4 inches broken stick cinnamon, 3 opened cardamom pods, and 2 whole cloves in a cheesecloth bag. In a 4-cup microwave-safe measure combine ⅔ cup grape juice, 2 tablespoons sugar, and the spice bag. Micro-cook, uncovered, on 100 power (high) 3 minutes. Stir in 2½ cups d red wine. Micro-cook, uncovered, on high to 3 minutes more or until hot. Discard sp bag. Pour wine mixture into 4 mugs. Mak 4 (6-ounce) servings.

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THANKFULLY SIMPLE TURKEY

1 tablespoon flour
1 turkey size (19" x 23½") Reynolds® Oven Cooking Bag
1 medium onion, sliced
2 stalks celery, sliced
16 to 20 pound turkey, thawed and rinsed
2 tablespoons vegetable oil

Preheat oven to 350° F. Shake flour in Reynolds Oven Cooking Bag; place in roasting pan at least 2 inches deep. Place onion and celery in bag. Remove neck and giblets. Lightly stuff, if desired. Brush with oil. Place turkey in bag. Close bag with nylon tie; make 6 half-inch slits in top. Insert meat thermometer through slit in bag into thigh. Bake to 180°F or 2¾ to 3¼ hours. Add ½ hour for stuffed turkey. Makes: 16 to 20 servings.

TAKE-A-HOLIDAY HAM

1 tablespoon flour
1 turkey size (19" x 23½") Reynolds® Oven Cooking Bag
12 to 16 pound fully-cooked ham, bone-in
Whole cloves

Preheat oven to 325° F. Shake flour in Reynolds Oven Cooking Bag; place in roasting pan at least 2 inches deep. Remove skin; trim fat from ham, leaving a thin layer. Lightly score surface of ham; stud with cloves. Place ham in bag. Close bag with nylon tie; make 6 half-inch slits in top. Insert meat thermometer through slit in bag. Bake to 140°F or 2½ to 3¼ hours. Makes: 16 to 22 servings.

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because there's no messy pan or ove
to clean. Now that's a holiday!

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MARGARET THATCHER

continued from page 135

ven to her by the Soviet Union. Sixty-two in October, Mrs. Thatcher ill puts in an eighteen-hour working ay. Unlike lesser mortals, she is said "never linger over the newspaper, ize idly out of the window or feel eepy after lunch. In the bath, in hich she never dawdles, she listens to e radio news; in d, she reads when e isn't sleeping." er figure is trimmer an it has been in evious years, and e stands five feet ur and a half ches, shorter than r persona leads e to expect. On e day we met she is dressed conser- tively in a navy it, which comple- ented her blue es and set off the t blond rinse in r hair. The few ces of jewelry she re were selected sentimental rea- ns: a favorite niprecious stone acelet and an am- yst ring, both ts from her hus- nd, Denis.

How did she feel out being voted most influential man in the rld? "I am abso- ely thrilled with result of the ll. Absolutely illed," she said a manner that de you realize meant it.

Whom would she rself have voted in such a poll? would rather say who," she plied briskly, cause I can make reat many ene- s if I do not t all of my friends first."

Just how did Margaret Hilda Rob- s Thatcher, second daughter of a all-town grocer, rise to such promi- ice? Her success in the frightfully bby, frightfully well-bred, old- ool Conservative Party is all the re surprising for someone who was part of the Establishment and who n't even speak with the "right" accent, in a country where class and social position are still very important. The simple answer is that she did it by sheer hard work and determination, characteristics she acquired when still a girl in her strictly Methodist (church four times on Sunday), almost puritanical home. "I am a naturally hard worker. I was brought up that way. It is a sin to be idle. The reason you are here is to use whatever talents and abilities you have to the greatest extent. If you do not at first do what you want to do, you just come at it another way and try again."

Because her father was forced to leave school at thirteen despite being very bright, he made his daughters concentrate on their studies to the exclusion of a social life. When Margaret questioned this, he told her, "Never do things or want to do things just because other people do them. Make up your mind about what you are going to do, and persuade people to go *your* way." Following his advice, she won a coveted place at Oxford University. Before she began, her father arranged for her to have elocution lessons to "correct" a regional accent. Diligent but dull in college, she made few friends, and she became "a perfectly good second-class chemist," according to one college official. But it was also at Oxford that Margaret became interested in politics, and she eventually became president of the University Conservative Association. On graduation, she worked as a research chemist for a plastics company, but not for long. At twenty-three, Margaret became the youngest female political candidate in the country. Shortly afterward, she met Denis Thatcher, who encouraged her to give up chemistry and study law, an understanding of the legislative process being far more useful in politics. Two years after they married, the Thatchers' only children, twins Mark and Carol, who are now thirty-four, were born.

While Mrs. Thatcher freely admits that her father was the most influential man in her life, Denis, a retired director of Burma Oil, is her main support. Has the fact that she has always been considerably more prominent than her husband ever put a strain on their relationship? By way of reply, the prime minister chuckled and gleefully recounted how Denis had recently bounced her off the front pages. "Denis is interested in raising money for young people, the disabled . . . The other day he went to a golf charity and was photographed with the new champion, so of course he took *(continued)*





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MARGARET THATCHER
continued

e front pages. It was the same day I as receiving another prime minister, it we were tucked away in the back ges. Isn't that marvelous?"

Equally marvelous is that after a rking day that frequently ends later an eleven P.M., the prime minister n quite often be found in the Thatch- s' private kitchen, oking a light sup- r for her husband d herself.

"In Britain, no mestic staff is ovided for prime nisters. Prime nisters are ex- cted to have ves. But we uld rather have r privacy than ve someone living th us. Privacy is rare that it means reat deal. And if I d someone there, I uld probably feel ilty if I got back eleven-thirty and nted something to . I could not bear thought of some- e staying up for regularly." Per- ps instead she uld just repeat to nis what Secre- y of State George ultz once said out her: "She's igh and smart. e's a great d determined y who's shown us at leadership is about . . . If I re married to her, have dinner ready en she got home." Just what sort of al does the prime nister whip up er a day of wres- ig with whether send British nesweepers to as- t U.S. ships in Persian Gulf? Among her favorites very English dishes: "cauliflower- ese casserole, and poached eggs on ole wheat toast spread with Bovril meat extract]."

While she is there for Denis domesti- ly, she can turn to him in times of ess. When pressed for details, she 's only, "How do I relieve stress? By ting on with the next thing in hand." The same clipped, unemotional work-is-the-healer-of-all-ills response was given when she was asked whether there had been a long-term effect on her from the IRA's attempt on her life. The 1984 Brighton bombing, which missed killing her literally by inches, was so powerful that five people died and dozens were injured. "No," she responded, as if she has never thought about it. "I am very fortunate. I have a great deal to do. If you have something to worry about, never sit down and brood about it; go out and do something. If you turn inward and brood, it will get worse and worse.

"There are routine things that have to be done in connection with my job," she said. "I can sign letters, get my clothes in order, put things away where they ought to be, even clean out the kitchen! It is a kind of therapy, really."

Mrs. Thatcher did admit, however, that she is pained by stories about herself that "are cruel. Even today, it bothers me. But if I see my name in the headlines, and someone says, 'Do not read that!' then I don't. I've learned to preserve myself from that."

She gets even angrier when her family is attacked in the press.

"The biggest sacrifice one has to make in public life is privacy. What is more, one's children are in the limelight in a way that one deeply regrets."

Her son, Mark, an automotive consultant in Dallas, has long been considered a bit of a wimp by the British press. He has suffered quite a lot of public ridicule since 1982, when he got lost for six days in the Sahara Desert while taking part in a car rallye. His disappearance triggered a full-scale search party. It also reduced his mother to tears in public, a very rare occurrence for the stiff-upper-lip prime minister. When he married Texan Diane Burgdorf last Valentine's Day, one British newspaper mockingly printed a large map of the wedding route for Mark so that he wouldn't get lost again.

And Mark's twin sister, Carol, a journalist, fled to Australia for several years to duck the strain of being the prime minister's daughter. "You get very angry if any of your family is attacked, but then, there is so much misinformation," Mrs. Thatcher said.

Did she feel that the item that recently ran in both the French and U.S. press was in that category? I showed her a clip from the New York *Daily News* headlined "Why Can't Mrs. Thatcher Be More Like a Man?" The story said she didn't work out in a home gym to fight off *(continued)*



MARGARET THATCHER
continued

fatigue; instead, she reportedly confessed to taking male hormones to preserve her body and spirit.

The prime minister's mood changed instantly. "Absolute nonsense!" She impatiently slapped her eyeglass case down on a coffee table. "I take vitamin C every morning; that is it. It must have been a man who wrote it! Only a man would think male hormones better than female hormones."

But if she doesn't take male hormones, the prime minister freely admits to undergoing a makeover to improve her looks and image. Under the advice of Gordon Reece, an expatriate Briton and television specialist who now lives in California, the prime minister lost weight, capped her teeth, softened her wardrobe and her hairstyle, and modulated her speech so that when she raises her voice in Parliament she no longer sounds shrill. Such image-molding may be very common in the U.S., but it is unusual in Britain, where politicians are more likely to look disheveled than debonair.

"Certainly, I became conscious that when you are photographed a lot, appearing on television a lot, there are some things you ought not to wear, and some ways in which you do not use your voice or your hands. Gordon came from television, and he was able to teach me to avoid making mistakes. When I look at some of the clothes I used to wear . . . I see they were not eminently suitable. Now I wear more tailored things."

Is there anything else physically Mrs. Thatcher would change about herself? Her response was one with which nearly every woman would identify: "I would be much naturally thinner," she said spontaneously. "I would go down one size in clothes and stay there."

As a woman who exudes femininity, who once caused President François Mitterrand of France to exclaim, "She has the eyes of Caligula, the mouth of Marilyn Monroe," does she ever use feminine wiles to win over an opponent? "Not as far as I am aware," she told me. "With a background of a scientist and a lawyer, I try to marshal facts to support my case, to use years and years of political experience."

Now in her third term of office as prime minister, and a member of Parliament for many years before that, Mrs. Thatcher admits politics is her whole life. "Politics becomes the structure of your life, the structure of your friendships, the structure of all your activities. When you give it up, it must be a big wrench."

So when she finally loses an election or decides not to run, what then? The prime minister looked vague and said, "There are so many voluntary things for me to do. For example, I have been working with the National Society for Prevention of Cruelty to Children for a very long time. There are such appalling cases of cruelty to children; I cannot imagine people behaving in that way, and yet they do. But do forget, you can never quite be out of politics once you have been in it as actively as I have."

As a family member recently said about the possibility of Mrs. Thatcher retiring, "Not a chance. What she wants is a bigger job. Perhaps president of the United States?"

For now, as she herself said, "There is still more to be done. In the international sphere there are really fascinating things happening now. All of a sudden we have realized that the world is much smaller and that there is no such thing as foreign affairs. If foreign affairs affect home affairs, and that is quite exciting."

Isn't it also rather scary at times? "Life is always scary in some respects but it is also full of hope. In the end your hope rests upon what you are prepared to do to help things along."

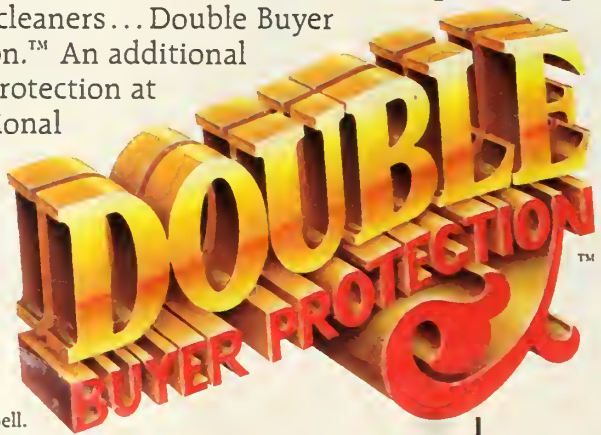
As our interview wound down, I asked her which woman had influenced her most. I wasn't surprised when she replied, "My first headmistress, Miss Williams. She always said, 'You must not be too satisfied with what you have done. You must try to do better. Whatever you have, you must try to live up to the best that is within you!' "

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Punch dough down. Turn out onto lightly floured board; divide dough in half. Cover; let rest 15 minutes. Shape pieces of dough into loaves. Place in two greased 8½ x 4½ x 2½-inch loaf pans. Cover; let rise in warm place, free from draft, until doubled in bulk, about 1 hour.

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IMPORTANT WOMEN

continued from page 135

The differences among these women are also reflected in the way they have acquired their influence.

Some—Margaret Thatcher, Mother Teresa, Simone Veil, Melina Mercouri—have gained power on their own and exercise it through the force of their character. The flinty, conservative Mrs. Thatcher, a career politician, "functions as a man in a man's world," said Marilyn French, the novelist, scholar and author of *Beyond Power: On Women, Men, and Morals*.

"Mrs. Thatcher is tough," Tuchman said, "but that is probably required in gaining any political importance, and it is not necessarily unfeminine."

Other women on the list—Corazon Aquino, Winnie Mandela, Katharine Graham—had power thrust upon them. When widowed, Mrs. Aquino and Mrs. Graham stepped into their husband's job, while Mrs. Mandela took the place of her spouse, who was imprisoned by the South African government. Despite their initial tentativeness, each woman has grown into her role, showing that ambition is not necessarily required for leadership.

The position of Mrs. Aquino (the only elected national leader besides Margaret Thatcher on the top-ten list) is, as Tuchman said, "pure accident." But although she is a gentle leader, Mrs. Aquino is tough when she has to be: She moved quickly to crush an attempted coup last August.

Nancy Reagan and Raisa Gorbachev have acquired power only by having access to it through their husbands, but they are still women of great influence. Few would say that Mrs. Reagan has not affected the President's opinions, or that Mrs. Gorbachev is not a persuasive ambassador for her husband's political philosophy of *glasnost*, or openness.

Queen Elizabeth, who occupies one of the most symbolically charged posts in the world, inherited her power but uses it very shrewdly.

(And despite the flood of media coverage she has received, Princess Diana, the Queen's daughter-in-law, finished only twenty-third in our survey.)

Twenty-five years from now, what will a list of the world's most important women look like? How will those women acquire their influence, and what kind of influence will they have?

"I think the increased representation of women in politics is on the way," said Barbara Tuchman. "It is required for the real exercise of power. Women who have inherited power or acquired it through widowhood ma pathways for other women to achie it on their own."

Portraits of power

Corazon Aquino is one of the worl unlikeliest leaders. A former suburb housewife, she has said that her hap est years were spent in a small to outside Boston watching *Dynas* shopping in malls and reading be sellers by Sidney Sheldon. While h husband engaged in rough-and-tumb political battles with Philippine dic tor Ferdinand Marcos, Mrs. Aqui the convent-educated mother of fi stayed dutifully in the background.

But when Benigno Aquino was assassinated in 1983 following his retu to the Philippines from exile in t United States, Corazon, now fifty-fo prayed, fasted—and decided to ca on his fight. She ran against Marcos February 1986 and won. "Repressi has been ended by a revolution prayer," Aquino, the daughter of wealthy Filipino family, told h cheering followers. Since then, she h used a conciliatory style of governi to survive in a perilous political c mate, and her confidence remains u shaken despite a series of attemp coups. "What my country needs," s says, "is a woman of peace."

We did nature



ther Teresa lived a quiet convent for nearly twenty years, happily ching in an affluent private school India. But she ultimately found it ossible to ignore the unspeakable ditions beyond the school's walls. n 1948, obeying "an inner call," she nt into the streets to serve the poor Calcutta.

The four-foot-eleven nun, born Ag- Bojaxhiu in Albania, cared for peo- no one else would touch—starving ers, deformed beggars, homeless ldren—and attracted a group of nen followers who eventually be- ie the Missionaries of Charity. To- , the order is active in seventy-sev- countries and may soon set up a sion in the Soviet Union.

n 1979 Mother Teresa was awarded Nobel Peace Prize. But the "saint he gutters," now seventy-seven, has racteristically belittled her role, ing, "I am nothing. God is all."

nie Mandela has been married for nty-nine years, but in that time has been allowed to spend only a months with her husband.

Nelson Mandela, the black national- leader, is serving a life sentence on rges of treason against the South ican government. Mrs. Mandela, -one, has herself been jailed re- tedly for protesting South Africa's system of apartheid, or racial separation. When not in prison, she has been forbidden to travel, to participate in rallies or to visit her husband when she chose. But although she is a political outsider in her own country, her quiet, persistent organizing, and the worldwide sympathy for her husband, proved stronger than the government's regulations. In July 1986, all restrictions against Mrs. Mandela were lifted, except the right to foreign travel. Although her husband remains imprisoned, Mrs. Mandela does not believe the struggle against apartheid is hopeless. "We will have our freedom," she says, "and Nelson will be with us."

Queen Elizabeth II, the world's richest woman, wears a kerchief more often than she wears a crown. But the monarch, a grandmother who seems happiest tramping the English countryside with her faithful corgi dogs, is a beloved symbol to the people of Britain and the British Commonwealth.

Elizabeth, sixty-one, whose fortune is estimated at $3.5 billion, was crowned queen in 1953, when the British monarchy seemed dated.

Helped by instincts that would have done credit to the most astute politician, Elizabeth made her subjects feel closer to the remote royals, allowing the filming of a television documentary that showed her democratically tossing a salad at a family barbecue.

Today she shows no sign of preparing to abdicate in favor of her eldest son, Charles, preferring instead to carry out her royal duties as long as possible. As she once remarked, in her laconic way, "I like being Queen."

Katharine Graham once wrote of her family's newspaper, "I doubt my ability to carry a load like the *Washington Post*." But when she was unexpectedly forced to take over the Washington Post Company in 1963 following the suicide of her husband, Philip, she proved more than equal to the task. Mrs. Graham, who began her journalistic career covering the San Francisco waterfront, hired Benjamin Bradlee as the *Post*'s managing editor and increased the paper's news budget. Then she stood by Bradlee and his reporters, who broke the Watergate scandal, despite pressure from the Nixon administration. Now, although Mrs. Graham, seventy, has passed down the job of publisher to the eldest of her four children, Donald, she remains chief executive officer of the Washington Post Company, a $3.2 billion empire that includes *Newsweek* magazine. "The uniqueness of my mother's story," Donald Graham says, "is that she had to fill in without warning, *(continued)*

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IMPORTANT WOMEN
continued

and she has performed brilliantly." **Nancy Reagan** never wanted a lifelong career. A drama major at Smith College, she chose acting only because she had "to do something until I found the man I wanted to marry." That man was Ronald Reagan, and over the years his career has become her job as well. "She is Ronald Reagan's alter ego," says Sheila Tate, Mrs. Reagan's former press secretary. "He trusts her more than anyone else." The Reagans' extraordinary closeness has seen them through thirty-five years of marriage, the rearing of two children (Reagan has two other children by an earlier marriage) and Reagan's terms as governor of California and President. Although the chic Mrs. Reagan, sixty-six, initially drew a good deal of criticism in Washington for her designer gowns and her extravagant White House china, she has managed to silence her detractors by her energetic activities on behalf of drug-treatment and foster-grandparent programs. And when her behind-the-scenes maneuvering led to the departure of several administration officials, including White House chief of staff Donald Regan, most onlookers agreed that the First Lady's substance had come to outweigh her style.

Melina Mercouri still finds it impossible to talk about her seven-year exile from Greece, when the nation's right-wing dictators confiscated her property, took away her citizenship and se several of her friends to prison. "Do ask me about that," she says, her vo choking. It was during that time, 19 to 1974, that the earthy actress, b known for her role as a carefree pros tute in the 1960 movie *Never on Su day,* began her political career, speaking against the regime in her n tive country. After the dictatorsl ended, Mercouri returned to Gre with her husband, director Jules D sin, and was elected to Parliament 1977 as the Panhellenic Socialist r resentative for Piraeus, an impov ished Athens dock district. In 19 Mercouri, now sixty-two, was appoi ed minister of culture and scien She has used her influence to abol film censorship and to create a rest tion and maintenance program Greece's national monuments. She also negotiating with Britain for return of the Elgin Marbles, par that were stripped from the Parthenon the nineteenth century. Mercouri's reaucratic responsibilities have brou her acting career to a halt. But she s certain similarities between the roles; in both, she says, she "must un stand and communicate with people."

Raisa Gorbachev, the lively, sty wife of the Soviet leader, is a startl change from the dowdy, silent Kr lin wives who have usually appea only at state funerals. On one trij London, for instance, Mrs. Gorbacl fifty-four, politely declined to v Karl Marx's grave. Instead, she as to see the crown jewels in the Towe London, and she bought some gem her own: a pair of $2,500 diamond rings from Cartier. She has also enraptured at the Paris showing such designers as Yves St. Lauren

But the Soviet leader's wife is interested only in pricey jewels haute couture. A former lecture Marxist-Leninist theory at Mos State University, where she met husband, she has demonstrated a phisticated appreciation of art, lit ture and music. And although she provoked criticism in the U.S.S.R flaunting her personal style, sh perhaps the best-known and mos fective symbol of her husband's p cal philosophy of *glasnost.* There signs, too, that Mrs. Gorbachev is ing to bring Russian women out o shadows. When her husband assu power in 1985, she was not even ic fied in Soviet newspaper photogr Now that she is a familiar figure bo home and abroad, she is making lines in those same newspapers.

Simone Veil usually wears long-sle dresses to hide the number 7865 her left forearm, an indelible rem of her thirteen-month *(contin*

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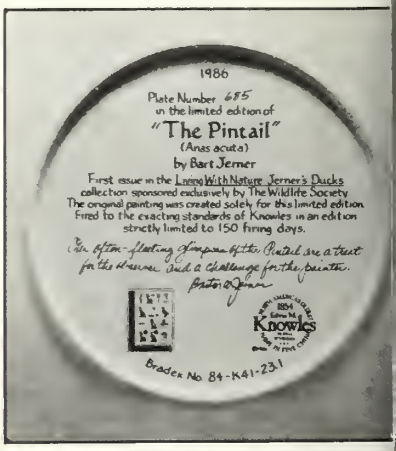
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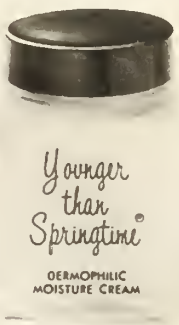
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IMPORTANT WOMEN
continued

imprisonment in the Auschwitz and Bergen-Belsen death camps. And Mrs. Veil, sixty, born Simone Jacob, seldom speaks of the ordeal that began in June 1944, one day after her graduation from high school. Instead, she prefers to focus on the vision of a united Europe she is working toward as a member of the European Parliament (she was the organization's first president, from 1979 to 1982). Mrs. Veil (pronounced *vay*), a soft-spoken native of Nice, is a member of the centrist Union for French Democracy party. She served for nearly twenty years as a magistrate and became familiar to the French public in the mid-1970s as minister of health. In that post, she lobbied successfully for contraceptive- and abortion-law reform, and she improved conditions in hospitals and prisons. One commentator called her France's "ideal super-mamma," and she has been touted as a possible candidate for president or prime minister. Mrs. Veil, a grandmother who is married to a former airline executive, Antoine Veil, downplays that possibility, remaining aloof from party infighting and saying that a national leader should be a politician, "and I'm not a politician." **End**

A NEW ACT
continued from page 117

longer be standing there waiting for him.

Sitting back down in his seat, Larry Daniels tried to feel at ease with himself. What kind of decision was that to heave on him? God should have understood that Baltimore needed Larry Daniels. Larry Daniels knew the mike at the Golden Bowl. Pain churned in his stomach. He denied its existence. It clunked heavily around inside of him. He ordered it to leave. If pain wanted to go to Baltimore, let it get its own ticket. How could the right decision be so troublesome?

The train urged itself forward in the first spasms of movement as if it were being cranked up like an old automobile. Larry Daniels tried to avoid looking at the sudden wetness on the palms of his hands. Flop sweat. He hadn't opened in Baltimore and already he was steaming wet with flop sweat. Another circle of wetness formed around his neck. The discomfort became unbearable. The train whistle screeched its first good-bye to the city.

Jumping up, Larry Daniels grabbed his bag. He dashed down the aisle toward the door of the car. The train was beginning to move steadily. As he fumbled with the door, his wet hand l its grip on the metal handle. He tr again. The train was beginning to r evenly. He forced the door into the ner curve of the train shell. He jump off. He fell to one knee but felt no pa When he screamed out Melissa's nar half of Arbor turned and looked. Fr the glass-sheltered kiosk where peo stood while waiting for a cab, Meli saw him. She ran toward him.

Years from now when Larry Dani will tell his two sons about how he m their mother, the boys will not be ov whelmed with the romance of t event. Six-year-old Dennis will s "Dad, some day can we take the tra to Baltimore?"

Travis, ten, with brown hair like mother, will laugh and say, "You dumb. There's no train in Arbor."

"Then how do you get to Baltimor Dennis will ask.

Larry Daniels will reply, "You go anywhere if you have a reason."

Milton Berle, a.k.a. "Uncle Miltie worked in vaudeville and motic pictures before he found his ide medium—television. His new boo B.S. I Love You, *will be publishe this month by McGraw-Hill.*

ELIZABETH TAYLOR

continued from page 151

-destruction. It included alcohol-, pill taking, obesity, almost every -destructive thing you can think of, ept the ultimate self-destructive —but I was doing that in other /s. You know, sometimes in those s I felt like a runaway train creat- chaos. Or," she says liltingly, as if nock the person she once was, "like ttle ship, blithely sailing along, just ling *havoc* in my wake."

he painful days of alcoholism and sity, the tearful days of chaos and oc, are behind Elizabeth Taylor /. At fifty-five, she appears full of rgy and totally in control. Those) know her best (including her pub- st, Chen Sam, who has worked ely with Taylor for sixteen years) that Elizabeth today is a complete- lifferent person from the one she e was. And Taylor enthusiastically ees. "I have a wonderful sense of loring," she says. "There's a won- ful world out there for me now."

his fall she is spearheading a $10 lion publicity and advertising cam- gn to launch her perfume, Eliza- ı Taylor's Passion; putting the fin- ng touches on a book titled *Eliza- ı Taylor Takes Off*, to be published t year; traveling the world raising ney for AIDS; and tackling her first vie role in seven years.

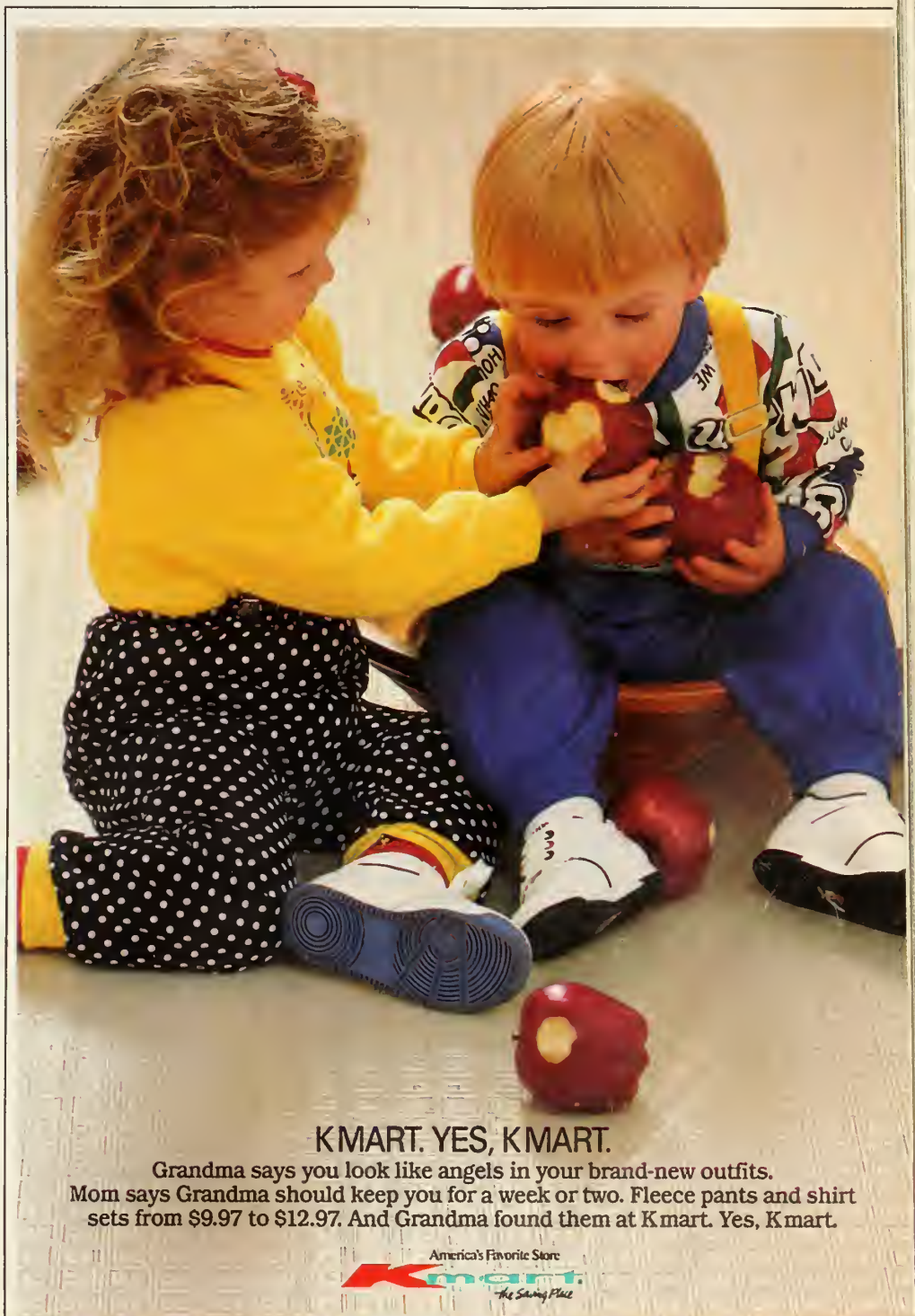
he will play an opera diva in a nco Zeffirelli film, which will be t in Europe. Between meeting with fume-company officials and signing k contracts, she's already started norizing the score of *Aida* for the ı. "I have to learn how to sing op- , the breathing technique, the ole thing. But don't worry, I won't lly sing." She giggles. "I have a ce—cats have *died* listening to it."

had met Elizabeth Taylor first for and a casual chat a couple of aths before our more formal inter- w. At that initial meeting, on a late ing afternoon, she looked movie- r magnificent, dressed in an elegant ture suit, her makeup heavy but vless, her eyes truly violet.

'oday at home in her duplex suite is much more relaxed—practically nestic. Her one-year-old grandson, inn, is playing quietly in his crib tairs. The son of Liza Todd Tivey, is the youngest of Taylor's six ndchildren. This afternoon Eliza- h is dressed in a casual outfit that ks very Beverly Hills and very un- ndmotherly—leather pants that er into low boots, a matching white rt belted snugly around her waist, tery earrings. She is wearing much s makeup than at our tea party and as a result looks considerably less dazzling. Her eyes this day are blue-gray (how did they change color?), and her skin is lightly freckled and somewhat lined. But she remains a beauty, and yes, she is thin enough not to look the least bit embarrassing in her tight white pants, suitable for a Valley girl.

It is already standard Taylor lore that during the past three years Elizabeth has transformed herself from a sight gag into the head turner she once was. But what really matters, Taylor believes, is that after years of emotional turmoil she has finally gained a new understanding of herself.

Her new awareness began when she checked into the Betty Ford Center in December 1983. "I was obviously a very unhappy person when I was drinking and taking pills," she says. "At that point my children really saved my life. I had a family intervention [an emotional hour and a half meeting with three of her four children, her brother, and her friend, actor Roddy McDowall, during which they confronted her with the extent of her drinking and drug use], and afterward I knew I had to do something. But going to the Betty Ford Clinic was *my* decision. Unless you have the desire, you can't accomplish whatever it is you want to do. It's a *(continued)*





ELIZABETH TAYLOR
continued

question of self-worth, of self-esteem. I had the desire finally to clean up my act. It just all clicked in my head."

At the center Elizabeth was detoxified for ten days. During the next six weeks she was able to give up her addiction to alcohol and to the painkilling drugs she had taken for years. She emerged from the clinic cured of her need for Jack Daniel's and Demerol but with a changed metabolism and a constant desire for sweets. Taylor says that during the next months she found herself munching chocolates practically nonstop. Her bloat from booze, already a problem, quickly turned to solid fat, an even bigger problem. She is only five foot four and a half, and at her heftiest she tipped the scales at more than one hundred eighty pounds.

After she was out of the center a while, Elizabeth recalls, "I felt so great *inside* that I finally stopped to look at myself in the mirror. I thought my expression was totally different. Before I went into the center the lines in my face all hung *downward*. No surgeon in the world could have lifted that face if I'd given it to him. No makeup artist in the world could have done anything with it because my inner being was pulling everything *down*. But after I came out my face really was beginning to change.

"So I said to myself, Look at that fat body, sweetheart, just take a second and *look* at it. It was *not* a pretty sight. I decided like, hey, why not do something to your physical self that matches the way you feel on the inside? I had tried dieting, off and on, all my life, but this time I devised my own diet. It's one I thought I'd invented, but maybe I really didn't." Original or not, Elizabeth's sensible low-calorie plan helped her trim down from a size fourteen to her current svelte size six. Today she weighs around one hundred twenty pounds. She says she doesn't want to weigh any less for fear of diminishing her generous bosom. But Taylor still loves food, and she still eats a lot more than yogurt and celery.

About once a week she indulges in a full-blown, Taylor-made "pig out." What's her favorite meal? "I would have said fried chicken," she says with a laugh, "but I almost O.D.'d on chicken this weekend. I can barely say the word *chicken*. I won't go into that meal. Let's just say that my favorite meal until very recently was fried chicken, masses of gravy, mashed potatoes, corn on the cob, chocolate cake—and lima beans. We need a little greens." She pats her trim tum with satisfaction. But it makes y wonder if she will be able to stay thin if she keeps lusting after the sa foods that made her fat. Does she s stand by the refrigerator whisper longingly to the food inside, "I'd love bite you and you and you"? She give laugh: "Dear, I throw *kisses*."

Taylor maintains that her grea improved appearance is merely one the by-products of her current w being, not its cause. "I think Natu God, your spirit, whatever you want call it, takes over after you're forty a chisels what you look like because mirrors what's inside. Your outer sh reflects what you really are, your sence. It's like trying to mold jell she says, groping for the exact wor the exact image. "It's like someb has lifted the mold, and what you stabilizes that jelly into a pattern. you understand?"

Yes, but you still can't help wond ing if she has had some top-notch B erly Hills plastic surgeon help a li with the stabilizing along the w Elizabeth claims she has never l plastic surgery. But didn't she o have her tracheotomy scar removed

"What do you think that is?" says, pointing to a very faint pink l on her tanned neck. She tugs forw

r earlobes to show that there are no
urs behind her ears. "I can't have
astic surgery, dear. I get keloids."
e says she just had a little work
ne to firm her chin after she lost
ight, but that's all. When you tell
: she looks so great (we all should
k that much better after a diet), she
's sweetly, "Thank you. I *feel* great."
Taylor claims she doesn't think she
beautiful now, has really never
ought she was ever beautiful. Then
at women does she consider beauti-
? She takes a moment to think and
n surprises you with her very per-
al, offbeat list. "I think Bette Davis
one of the most beautiful women I
ow. She's had a stroke and coped
vely with so many things. She has
vonderful face. I think Katharine
pburn is a beautiful woman, too.
h these women radiate energy.
ere's another woman I'd include, a
nan admiral who is also a scientist.
n't even know her name. But once I
s twiddling the dial on the TV, and
aw an interview with her. I was
ally hypnotized by this woman."
ylor is talking about eighty-year-
Rear Admiral Grace Hopper, who
uld probably be amazed—and
used—that Elizabeth Taylor consid-
her a beauty.)

Not all Taylor's choices are quite as
rky. "There's a whole generation of
nger actresses who I think are
utiful," she says. "Sissy Spacek is
iant. And Meryl Streep, Kathleen
ner, Debra Winger—they all have
pecial radiance. And, thank God,
big studios aren't around to tell
m to become a blond or to fix their
es the way studios used to."

Nowadays Elizabeth talks constant-
almost nonstop, in fact, about her
found spiritual insights and un-
standings. The once temperamen-
bawdy temptress says, "I'm very
gious. I still call myself a Jew, but
studied all kinds of religion. There
different ways of refueling the
se of energy. I've always tapped
things, like meditation, instinc-
ly. Now I'm learning more about it.
found I love to meditate. I'm also
ning to protect my inner self to
ntain my sense of self-identity. But
ink my sense of self-identity must
e always been very strong, or I
ldn't be sitting here."

Sometimes E.T. (the nickname she
s to call herself) sounds an awful
like her fellow superstar Shirley
:Laine, who has been spouting
e similar ideas for a few years. But
lor points out that her new aware-
s comes from within rather than
n any New Age spiritual move-
nt. Indeed, she says that since she
a teenager she's felt glimmers of
the spiritual side to her nature. "In my late teens and twenties I was accused of being very immature, but I think I had a sense of awareness I was afraid to let anybody know about."

Spiritual connections and instinctive awareness now mean so much to her that when I ask who was the most fascinating man she ever met, the new Elizabeth doesn't name her great love, Richard Burton, or any other man with whom she has been romantically involved. Her most fascinating man turns out to be Anwar Sadat. Why? Because of the effect he had on her *spiritually*.

"I had one of the most extraordinary adventures of my life with that man," she declares. "And it was incidental that he was Sadat, president of Egypt, and I was Elizabeth Taylor, E.T., retired movie star, senator's wife. We didn't get together on that level. I was supposed to have ten minutes with him, but we spent about two and a half hours together. And during that time we touched on every elemental subject in the world—life, death, family, poetry, love, anger, everything. He was a man with such a sense of destiny. He was so spiritual."

Still, it's hard to believe that spirituality is all for Elizabeth Taylor when you sit in her $2,100-a- *(continued)*



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Elizabeth's last marriage, to Senator John Warn foundered because he spent his time communicating wi members of the Senate rather than with his Washingt wife. It was while she was lonely on the Potomac th Elizabeth's drinking and drug taking increased and h love affair with the refrigerator turned serious.

Currently, besides dating Hamilton, Elizabeth h been socializing with financier Malcolm Forbes, the ne ly divorced multimillionaire owner of *Forbes*, the bu ness magazine. Forbes, whose many interests include h air ballooning, motorcycle riding and collecting jewe Fabergé eggs, took Taylor on her first motorcycle ri this summer. For the occasion she decorated her ar with wash-off, Hell's Angels–style tattoos of snakes a dragons. The bikers she met that day at a New Jersey b called Just Plain Jane's Cafe, surprised her with a che for a $1,000 for AIDS.

Whenever she dates a new man the tabloids imme ately begin speculating. Does she view every date as future husband?

"No, dear."

Doesn't she even daydream a little? Sit down and pr tice adding his name to hers on a scrap of paper?

"When I do that, I don't use scrap paper. I just go and write it once—on a marriage certificate," she sa throwing back her head and laughing.

In the next few months Elizabeth may be too busy fo serious romance or even a casual date. She will be pub cizing her new perfume across the country. She receive royalty on every bottle, so if it's a megahit like Opium Giorgio, Elizabeth Taylor's Passion could easily becom very big and very lucrative business.

"This is my baby," Elizabeth explains about the f grance. "Everything about it is something I've worked

ELIZABETH TAYLOR

continued

day, flower-filled suite with the phone ringing every two minutes and with each of her gestures punctuated with the flash of the 33.77-karat, ice-cube-sized Krupp diamond, which covers her ring finger to the knuckle. In fact, as you talk it seems that Liz has at least three sides (and maybe more). There is the new age Taylor, who declares in well-modulated, elocution-school tones, "I think life is a huge adventure. I'm truly adventurous, but I'm *not* an adventuress. Adventuresses *use* people. I want to *give*. We all know the more you give the more you receive." And then there is the Liz who admits that "clothes and jewels" are still her "main hobbies," and who says "wouldn't it be terrific" if she makes lots of money from her new perfume. Next there's the spitfire, who snaps when asked if her relationship with actor George Hamilton, her most constant companion, is more friendly than passionate: "None of your effing business." And who then growls, "Do you really think I'm as old and laid-back as that?" As if the idea that she could have a less than passionate relationship with a man is somehow insulting.

Well, will any of these Lizes—the spiritual, the materialistic, the imperious—ever marry again?

"I have absolutely no idea," she replies. "I'm enjoying life so much the way it is, but I know myself too well to make predictions." She laughs, relaxed and friendly again. "You may have noticed I like the idea of marriage."

What she looks for in a man and a mate, she says, first of all, is a sense of humor. "Looks are appealing to me obviously, too," she adds. "And being somebody I can communicate with. That's so important. That's the staying power."



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The Best Stuff.

sonally, from the scent, to the color he bottle, to the name. So my taste out there on a limb, and nobody its to find out she has bad taste." abeth says she named the perfume sion because "passion is the ingre- it in me that has made me who I It's my passion for life, for caring people, my passion for passion, that made me never give up. Passion ws me to be completely embraced the unknown."

That also gives Elizabeth satisfac- these days is her work for AIDS. notes that she became concerned it the killer disease even before friend Rock Hudson died. "It an- d me that people could be so total- acking in compassion," she says. current hands-on involvement as onal chairperson of the American ndation for AIDS Research has ed raise hundreds of thousands of rs. Last spring, Elizabeth even ht herself an expensive piece of lry—the kind that in the past has ys been bought *for* her, by men— ow her concern about AIDS. She $623,000 for the diamond and Prince of Wales brooch once ed by the Duchess of Windsor, be- e the money was going to the Pas- Institute in Paris, a leader in S research. The piece has a special ficance for her. "It was my favor- iece of the Duchess's jewelry, and ard's, too, because it was the crest ales. But the only way I was able end that kind of money on myself because it was for AIDS."

lking about her famous jewels re- ls Elizabeth of one of the most hor- ous afternoons of her life. Richard on had just given her La Pere- , a giant South Seas pearl, worth 00, that had been owned by many s, including Mary, Queen of . They were in Las Vegas ("one of most unfavorite towns in the l"), in a hotel suite decorated with t pink, three-inch-deep nylon pile ting. "I had the pearl on a chain d my neck, and I was just so ed. I kept touching it. Richard given it to me only that morning. rd was in the room, reading. s what we always did on Sunday noons, just sat around and read. It a form of communication between Vell, at one point I reached up to my pearl, and it wasn't there!" beth says at first her mind went letely blank. God, where is it, she l herself. She covered up so that rd wouldn't notice anything was . "I had to tell myself, Okay, legs go toward door. Don't run!" Only she was out of Richard's hearing ne scream. She started searching the only room left was the one where Richard was sitting. "The pearl had to be there somewhere, in three or four inches of shocking-pink nylon carpeting. So I had to go back and invent reasons to take me to different parts of the room. I brought in food for the dogs. I brought in their water. Then I heard very faintly what sounded like a dog munching on a bone. And I thought, Holy ——! I DIDN'T GIVE THEM A BONE. There were five dogs, a mother and four puppies, and I knew that one of them was crunching my precious pearl. But which one? I had to listen very carefully. Finally, I spotted the puppy. Then I had to pry the pearl from those tiny, spiky teething teeth. My heart was about to burst from my body. But the pearl was unscathed. Not even a tooth mark. Thank God!"

Elizabeth has said, half jokingly, half seriously, that the next major jewelry auction may be the one at which her jewelry is sold after her death. None of her children, she says, is interested in her collection. They live much simpler and more private lives than their glamorous mother. Michael Wilding, thirty-four, Taylor's oldest son, is an actor married to Brooke Palance, daughter of actor Jack Palance. His brother Christopher, thirty-two, is an artist studying film editing who now lives in *(continued on page 212)*



Snow White
GOLDEN ANNIVERSARY

The Disney Collection announces the only
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Snow White



Shown smaller than actual size of 16 inches in height.

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CXY



ELIZABETH TAYLOR

continued from page 209

California. He's married to Aileen Getty, an heir to the Getty Oil fortune. Both Taylor's daughters, Liza Todd Tivey and Maria Burton Carson, are also married, living quiet lives.

Of all the roles Taylor plays, old or new, Elizabeth the mother may be the least known. In the past she has almost never talked about her children or the mistakes she made raising them. Though she is sure that none of her children will ever write a *Mommie Dearest* book about her, she now can admit her style of mothering wasn't perfect. Elizabeth says that as soon as her children wanted to be independent, she stepped back and let them go out on their own. "I've always been there, and they've always known that. But I made such a point of respecting their privacy, letting them make their own decisions," she says, hesitating as if she wonders now that maybe she gave them a bit too much freedom, let go of them a little too soon. "Maybe I didn't let my children know how much I loved them or needed them," she confesses. "Maybe I wasn't really as acutely aware then as I am now."

But she believes her way is still better than being a smother mother or the kind of granny who bribes the k with presents to get their love. "I d think that's right. I've never trie force my love on a child or a mar any living thing. I don't think you force love." And who knows m about this subject than Elizabeth?

These days, she says, her relat ship with her children is closer t it's ever been: "I watch my child with their children, and I think the better parents than I was when I w young mother. But I'm a better pa now than when I was younger."

But then everything, Elizab maintains, keeps getting better better for her these days. She does mit, if forced to, that she may have a few teeny-tiny faults to w on, a few minor imperfections smooth away. Like being impatient casionally or like almost always b late. "But," Elizabeth says, explain away her chronic tardiness wit wave of her hand, "it's not because *deliberately* rude or anything. I h no sense of time. I get distracted. I stop and smell the roses on the wa

Having no sense of time has its side, too. How can she fear getting er if she has no sense of time?

"How can I look at the future ne tively?" she asks. "How can I be ne tive about tomorrow when I'm en ing today so much? I expect even m of tomorrow. And no, I'm not bein cockeyed optimist," Elizabeth say bit sharply, just in case you th maybe you've been spending the af noon with Pollyanna or Little M Sunshine. "I just feel in charge of destiny," she reiterates.

Twenty-two years ago Elizab Taylor, after the scandal of her e love affairs and in the midst of first tumultuous marriage to Rich Burton, wrote the following epit for herself: "Here lies Elizabeth Ta Burton. Thank you for every mom good and bad, I've enjoyed it all."

Would she write the same today?

"Probably," she replies after a ment's thought. She speaks softly, we have been talking intensely quite a long time. "I think I've lear from every experience I've ever ha I haven't, then it's my destiny. B think I've learned even from, ma *especially* from, the tragedies. Ot wise I would have succumbed, ar haven't. And I have no plan to cumb. I am a *survivor*."

It's early evening and time to le Her grandchild is going to sleep, he wants to see his grandmot Elizabeth jumps up eagerly, happ head upstairs for that good-night she says she won't force on anyone wants so much to be able to give receive.

KATE HEPBURN

continued from page 80

s with the utter confidence of two cats ked deliciously in the same cage. As we bounced along, my mind be- to turn once again to Huston. The of my quest. Was he finally going be interested in working on the pt? When we arrived at Biondo and ned in to the eating and main ding, there he was in a pair of tan ts and a pink-checked gingham t, smiling gaily and saying, "Hello, r, hello, honey" to Betty and me. To absolute horror I heard myself say, at about the script? I hope to God e going to talk about it now!"

e looked up quickly, all joy gone. d and fast and dry, he said, "We'll about the script—honey!" And he ked over to greet Bogie.

h, hell—oh, hell. Now, why did I e to bounce that out? Not even out ne car, and pick pick pick! "What it the script?" Like an old fusspot. no exclamation about what a won- ul job he'd done on the camp. Too I looked about, and it *was* simply inating. Bamboo and palm huts.

here is mine? "Up there, Miss e . . . " A man pointed into the lows. Oh, boy, mine's the best, I ght. Even better than the Bogies'. hat an awful brain I have—so petitive. Funny, I'm not jealous it people or work. But the location y hut? Oh, how that mattered.

hn had joined me.

low absolutely wonderful!" I ped right over and gave him a big, n, genuine hug. "It's just perfect. I e it. I'd like to stay forever."

nally . . . at this moment . . . we ected. I thought, He's like a kid. fixed it all up, and he wants to be ired. I hope he's forgotten my brick t the script.

t morning was lovely. I took a er and went down to the general got a tray and collected breakfast. it back to the porch of my hut. one of the earliest risers as usual. e camp manager came by and in- ced me to my personal "boy"— !—Tahili Bokumba. He spoke and rstood a little French. We did not ys mean the same thing by the thing, but he was a hard worker ook excellent care of me.

e looked about the camp, then e through the tiny group of huts constituted the village of Biondo. s and children swarmed over the The children waved madly as we e by, shouting, "*Jambo*," which as "hello."

e first location was about two and f miles upriver. To *(continued)*



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KATE HEPBURN
continued

take us there, we had the *African Queen*. A thirty-fo metal hull with an old engine, a huge boiler and a fal steam pump. We also had the administrator's launch— very top-heavy motor craft with an inside cabin in whi you could not stand upright.

Our third means of conveyance was a huge raft made wood and built on five pirogues, or canoes. It carried sep rate sections (called mock-ups) of the *African Queen*, pl equipment and two lights.

Each shot was a nightmare. When the raft was towed t fast, the pirogues underneath filled with water, and we start to sink. Or we'd be going around a curve and the ra wouldn't follow the curve but would continue in a straig line toward the bank. John would scream—Bogie and would jump. The canopy would be torn off. The camera lamps or whatever would be caught by the overhangi shrubbery on the banks. Or the sun would go in. Or would rain.

Technical problems galore. And no chairs—no dressi rooms—no toilet. Hot ginger ale and beer; the problem sending out lunch for forty people. This became Bet Bogart's department, and a wonderful job she did.

The only horror after the first day's work, besides t difficulty of getting to the location and the minor person discomforts, was the discovery on the second day that v didn't have sufficient cable to keep the generator boat f enough upriver so we couldn't hear it. It had to be at lea three bends away unless the *Queen*'s engine was coveri its noise. This problem nearly gave Sam Spiegel a strok but John was happy to wait for cable—gave him time use his hunting license.

During this pause John came one morning to my hut.

"May I have a cup of coffee?"

"Yes, of course—what?"

"Well, I don't want to influence you. But, you know, th is an odd tale—I mean, Rosie is almost always facing wh is for her a serious situation. And she's a pretty seriou minded lady. I wondered—well—have you by any chan seen any newsreels of Mrs. Roosevelt, where she visit soldiers in hospitals?"

"Yes, John."

"Do you remember, Katie, dear, that lovely smile?"

"Yes, John. Yes, I do."

"Well, I was wondering. Rosie's used to handling stran ers as her brother's hostess. And you 'put on' a smi Whatever the situation. Like Mrs. Roosevelt—she felt s was ugly—she thought she looked better smiling—so s . . . chin up. The best is yet to come—onward, ever onwa . . . the society smile."

A long pause.

"You mean—yes—I see. When I pour out the gin I—yes yes—when I . . ."

"Well," he said, getting up to go. He'd planted the see "Think it over . . . Perhaps it might be useful . . . "

He was gone.

I sat there.

That is the god-damnedest best piece of direction I ev heard. I was his from there on in.

Days passed without any real hitch. All the scenes goi downriver just seemed to fall nicely into place.

Early morning. I was eating my breakfast in comf when I saw John coming up my path.

"May I disturb you, dear? The *Queen* has sunk."

Everyone in the camp went down to the Ruiki. We got rope around the cast-iron boiler, and all of us—includi whatever villagers were there (and they were all the laughing away: "Oh, the whities—they're a scream . . . ")—g

hold of the rope. Finally, with the main weight out of her, the *Queen* surfaced.

After we finished shooting on the Ruiki, we moved to Ponthierville and from there headed to Entebbe. We stayed in a sort of country-club hotel, all very English in style. With golf and cricket. Well run. It was a great relief to the crew, who in our camp had been living in rather primitive conditions. Mine had been primitive, too, but luxury primitive.

John decided he would go to the location and do a bit of hunting—elephant—and let the company have a rest. I thought that I would like to go with John. Spiegel nearly had a fit.

"Katie, setting off with John in a little plane—how can you—how? You may be killed."

"Well, John may be killed."

"The hell with John. I can't control John, you know that. But you—I'm photographing you. You're a reasonable, decent human being."

"Yes, Sam, I have been. And I don't think it pays. I want adventure—I want to hunt elephants with John."

Bogie came to talk to me.

"What's happened? You used to be a decent human being."

"Not anymore I'm not. If you obey all the rules, you miss all the fun. John always has fun."

"John," says Bogie. "That son of a bitch has gotten to you."

"She's gone," he said to Sam. "Under the spell."

Including the scouts and bearers, there were seven of us. We were walking along single file. Suddenly there was the most terrifying sound. It just sized us by the seat of our pants and raised us and shook us.

"Elephants!" said John. "Trumpeting!" He explained that we must make a big circle in the direction we were already going and then circle back to get downwind of them. On we went.

We came into a clearing. There before us, on top of a sort of rise, were about fifteen elephants. The herd definitely had sensed something. Like a wave or a wind drifting, all of a sudden they simply moved as one body into the scrub wood in back of them. Those huge creatures seemed to evaporate.

So much for the kill.

We could hear them crashing about—then silence.

"We'll go in after them," said John.

Oh, my God, I thought. We're not going to be dumb enough to do that.

"No," said the white scout.

"You're just yellow," said John with his usual tact.

Into the scrub forest we went. We got about two hundred yards when there was a terrible roar, and *(continued)*

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KATE HEPBURN
continued

missing us by about twenty-five feet crashed the whole herd. Knocking down trees as they flew. And they were gone.

John stood transfixed. "Look at that . . . What power! Magnificent!"

Well, I thought, we're still here, and he's absolutely crazy.

Back to work. We were staying on a houseboat. I got made up and drove to the chapel where we were filming. I felt a bit odd. Sort of really weird. The church was hot as hell. The crawling illness began to overwhelm me. Good grief, I thought. I'm going to be sick. Where's the . . .

I rushed for the ladies' outhouse. Opened the door. Went in—closed the door, or was about to . . .

Oh, my God, no!!! A black mamba! A snake. I backed out of the hut, rushed for the trees, threw up.

It was a very trying day. I've got to keep going—I've got to last. Oh-h-h-h, I'm so sick. Go home, dear—go home. One more shot and . . . go.

After we'd been on the boat about a week or ten days, other people in the company began to get sick. I'd pretty much recovered, but then I began to get sick again. I would eat and throw up, but I had to keep going because without me there was no work. I decided to flood myself with water. The great cure. In this case, it didn't seem to work. I lost twenty pounds—and I was thin to begin with. The sound crew was decimated. The doctor on the boat was totally confused. He had analyzed the water tank—it was okay. Finally he put everyone on bottled water. Still disaster. I felt I would die.

Now, all this time, neither Bogie nor John had been sick at all.

Then the doctor decided to test the bottled water. It was polluted. And I—the queen of water drinking, the urologist's daughter—was the sickest. And those two undisciplined weaklings had so lined their insides with alcohol that no bug could live in that atmosphere. Well, Katie, what do you say to that? There wasn't much I could say. I took to champagne.

The last few days there, sick as I was, I was still moved by the beauty of the country—and by its vigor. Would I ever come back? Oh, I hope—I hope.

London. We had taken over a tiny studio. A tank was being constructed for the underwater sequences where we drag the *Queen* through the reeds. And the German boat was being constructed on a high platform. We couldn't do the scenes where we actually had to be in the water on location—the water was polluted with a nasty worm called bilharzia. Very hard to get rid of and most awful and unpleasant.

Oh—the leeches, I knew you were going to ask about those. They brought in some real leeches—poor Bogie. They are really repellent. "What's the matter, Bogie—you scared of a little leech? Try one," I said.

"You try it first, kid."

Well, ugh, I just couldn't. They *are* revolting. And he had to be *covered*.

So the rest of that day was spent trying to find—invent—a material that would stick to Bogie's skinny frame. There he sat—and everyone would come in and see if his concoction would stick. Dear Bogie. I'll never forget that close-up of him after he kisses Rosie, then goes behind the tank and considers what has happened. His expression—the wonder of it all—life.

Now, what do you suppose ever happened to Charlie and Rosie? Where did they live? Did they stay in Africa? I always thought they must have. And had lots of little Charlies and Rosies. And lived happily ever after. Because that's what we wanted them to do. And every summer they take a trip in the old *Queen*—and laugh and laugh and laugh and laugh . . . **En**



MIRACLE OF MARANDA

continued from page 48

In an instant, Terry sprang toward he bed. Maranda was still convulsing ildly, but her mother managed to rab her and lay her on the floor so she ouldn't fall and hurt herself. Don't anic! Terry told herself as she ran oward the kitchen to call 911. For od's sake, don't panic!

After calling an ambulance, Terry an back to her daughter, who was ill convulsing. "I was so afraid she as going to die," Terry explains sad-. "I felt so hopeless just standing ere. I wanted to hold her so badly, ut all I could do was watch and make ure she didn't hurt herself."

When the ambulance came, Marnda was still twitching violently. hree paramedics held her down while fourth gave her a shot of Valium, oping it would quiet the convulsions. ut her seizures didn't stop until Marnda was raced to the hospital and ven the sedative chloral hydrate. erry estimates that her daughter, ho was having a grand mal seizure, nvulsed for more than an hour.

A second grand mal seizure—this ne lasting twice as long—came two eeks later, in September 1982. This me, Terry scooped Maranda out of d and drove her to the hospital. Doctors diagnosed the problem as epilepsy, put Maranda on anticonvulsive medication to control the seizures and sent her home.

But the seizures didn't go away—in fact, they began coming far more frequently: first once or twice a week, then once or twice a day. After the initial two episodes, they became less violent and were confined to the right side of her body, which would twitch for several minutes before relaxing.

The Franciscos took Maranda to doctor after doctor, desperate to find a cure. Each prescribed a different kind of treatment for epilepsy, but the results were always the same: The seizures continued. "We tried every medication imaginable," Terry says. "Maranda had been on about thirty-five different drugs at one time or another. They'd give her so much, she wouldn't recognize me."

Soon, she was having more than one hundred seizures a day—an almost constant state of convulsing from the time she woke up in the morning until she went to bed at night. Even when she ate, Maranda was plagued by severe twitching and jerking on her right side. "In just a few months, she went from being an adorable little girl, playing happily in the backyard and getting into mischief, to being almost paralyzed on the right side. She was bedridden, with seizures every three or four minutes. She couldn't even smile anymore—the right side of her lip drooped down so far," says her mother.

In February 1985, the Epilepsy Foundation put Terry in touch with Thomas T. Reiley, M.D., the newly appointed co-director of the epilepsy center at Children's Hospital in Denver. Reiley took a brain scan and was horrified by the result. Maranda's brain seemed to be changing shape. After consulting with another specialist, Reiley made a new diagnosis: Maranda was not suffering from epilepsy but from Rasmussen's encephalitis—a progressive inflammation of part of the brain, which can result in permanent paralysis and mental retardation.

Though Rasmussen's was first identified more than thirty years ago, it remains a medical mystery. Many doctors have never heard of it, and only a handful of hospitals around the world have studied and treated it.

Doctors believe Rasmussen's may be the result of a virus that randomly attacks brain cells, causing tiny electrical charges that result in seizures. But no one has ever been able to identify the virus or to figure out why it spreads so slowly to other brain cells—in most cases gradually destroying the brain. Experts have no idea why Rasmussen's strikes at all or *(continued)*

UN. SUPER BLOCKS.



who is most susceptible. They do know that unless it is caught early, its victims can end up incapacitated for the rest of their lives.

Realizing the urgency of the situation, one specialist proposed that Maranda be put in a drug-induced coma, hoping that if her brain was temporarily at rest, the chain of seizures would be broken. The Franciscos reluctantly agreed. "We knew the dangers of the procedure, but we felt we had no choice," Terry remembers. "If she died in the coma, at least she wouldn't have to suffer with seizures any longer."

On May 22, 1985—Maranda's fourth birthday—she was given a drug that deadened her brain waves for seventeen hours. The seizures stopped the entire time, but when Maranda awoke, her condition had returned.

Reiley realized he couldn't do anything else for Maranda. He put Terry in touch with John Freeman, M.D., who specializes in Rasmussen's cases and is head of pediatric neurology and director of the Epilepsy Center at Johns Hopkins Hospital, in Baltimore. Freeman explained that there was one last chance of giving Maranda a normal life: radical surgery to remove the diseased left half of her brain.

In adults, each of the two hemispheres of the brain controls specific functions. In most people, the left side is dominant. It controls most language, the ability to see to the right and the movement of the right arm and leg. The right hemisphere handles more artistic functions and motion on the opposite side of the body. Because Maranda had contracted Rasmussen's at an early age, her brain test showed that her right hemisphere was normal and was already taking over many of the functions of the other side. By performing a hemispherectomy—an operation to remove the diseased half of the brain—doctors hoped to end Maranda's seizures without grossly affecting her other functions. (The space left in the skull after the hemispherectomy just fills naturally with spinal fluid.)

Hemispherectomies were actually performed as far back as the 1920s on patients with brain tumors, but the success rate was low, and the danger of infection and death was high. Since the 1950s, only about fifty such operations have been performed in the United States on Rasmussen's patients. Refinements have reduced the mortality rate, but about one in ten patients still dies from the procedure. And there are other risks, including complications from excessive bleeding and the loss of speech, some vision and all movement on the right side of the body.

Terry and Luis weighed the dangers of the surgery and then decided to go ahead with the operation anyway. "We knew we had no choice," Terry says. "Without it, the doctors said, Maranda would end up a vegetable."

They were nevertheless racked by doubts as they nervously watched their daughter being prepped for surgery at Johns Hopkins days later, in August 1985. Trying not to show her concern, Terry squeezed her daughter's little hand and promised to buy her any toy she wanted after the operation was over.

Maranda looked up at her mother and told her that present she wanted more than any other: "Please, no more seizures, Mommy," Maranda said. It was a promise no one could guarantee.

Maranda was taken to surgery and Luis and Terry went to the lounge to begin their long, tense wait. Finally, after nearly ten hours, the exhausted chief surgeon, Benjamin Carson, M.D., came to tell Terry and Luis the operation was over. It was still too early to judge if it was a success, Carson told the Francos, since Maranda was just beginning to come to. She probably would not be able to speak for several days—assuming she'd be able to speak at all.

As the two other doctors and the dozen nurses, technicians and anesthesiologists involved in the operation joined Carson in the waiting room, Maranda was wheeled by on her bed. Terry looked down at her. *(continued)*

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The precocious youngster has had a number of sur prises for her doctors. After the operation, she walke with what they thought would be a permanent limp, sinc her right leg had withered and turned inward during he illness. Her doctors also assumed that her right han would forever remain curled in a fist. But last May, whe her braces came off, Maranda barely limped at all. An she has straightened out most of the curl in her righ hand, thanks to two years of physical therapy. "She sti has no motor skills," Terry explains. "She doesn't hav the dexterity to pick up a pencil."

Maranda, who has been sitting at the kitchen table a Terry speaks, senses a challenge. Slowly and carefully, sh lowers her right hand and tightens it around pencil. Ther with a look of intense determination, she closes her hand an pulls the pencil up toward her. "Look, Mommy!" she squeal to her awestruck mother. "I can *so* lift a pencil!"

Maranda's triumph has attracted a considerabl amount of attention and publicity. As a result, nine othe children with Rasmussen's who had been misdiagnosed– including a four-month-old girl who was about to be com mitted to a nursing home—have had hemispherectomie at Johns Hopkins and have resumed normal lives. Las June, Terry organized a meeting at Johns Hopkins wit the other families. Maranda, of course, took center stag even teaching one of the other girls how she could mov her semiparalyzed wrist. Best of all, little Maranda fell i love with a boy whose sister had had a hemispherectom The six-year-olds found a quiet little table where the shared slices of pizza, held hands and discussed the kind of weighty topics youngsters in love discuss.

"Maranda has inspired so many people," says Terr "She has taught me a lot about love and courage. She's very special person." Er

■ MIRACLE OF MARANDA
continued

"She was so puffy, I couldn't see her eyes. Her lip was five times its normal size and drooped terribly over the left side of her face," Terry recalls. "Yet she looked beautiful to me, because she was alive."

Terry leaned over, gave her daughter a kiss and said, "I love you, Maranda." And then, something wonderful happened. Maranda unexpectedly kissed her mother back and whispered, "I love you, Mommy and Daddy."

The faces of the weary doctors lit up. Everyone applauded and laughed with joy. "Some of the doctors began to cry," Terry remembers. "And you better believe that I joined them."

But Maranda's troubles weren't completely over. The operation successfully ended her seizures, but she developed a potentially dangerous infection in the cavity where the left hemisphere of the brain had been. Maranda remained in the hospital for another three months while antibiotics were administered intravenously.

Finally, late that year, Maranda returned to Denver for the first time in six months.

"That was the best Christmas ever. We didn't know if Maranda would be there for it, but she was," Terry says, her voice cracking. "We went all out, buying toys and dolls and games. For her it was like a first Christmas. That was a whole new start on life for her."

Maranda is now an angelic six-year-old with an eager smile and a headful of blond curls. In the two years since her operation, she has made remarkable gains toward a normal life. Though she had to relearn basic vocabulary and memory skills lost after surgery, she now tests above grade level in vocabulary.



I FLOWERING PLANTS

continued from page 92

eep soil evenly moist with tepid wa-
r, and feed weekly with houseplant
rtilizer at one third the recommend-
l strength; you'll enjoy the plants'
nk, lavender, red or white blossoms
l winter. Mist foliage daily, and keep
cool temperatures (35 degrees F. to
) degrees F.) at night to prolong
ooms. In spring, after all danger of
ost has passed, plant cyclamens out-
de in a shady spot. Repot in fall, and
ing inside for another flower cycle.

frican violets and **streptocarpus** r Cape primrose), both members of e gesneriad family, have also been proved. Available in an extraordi-ry range of colors, blossom sizes, leaf xtures and colors, violets are now ed to bloom more profusely than ear-r generations and to be less fussy out growing conditions. Strepto-rpus has been dwarfed, and its flow-s are bred to be more profuse. The sult: a compact plant well suited to e home environment. Cultivation of th the African violet and the strepto-rpus is the same. Place them in fil-ed bright light out of direct sun, and ovide plants with a warm growing vironment. Feed monthly with Afri-a violet fertilizer at half the recommended strength. Water thoroughly with room-temperature water, only when soil's surface is dry to the touch.

Dwarf hibiscus is another improved, easy-care flowering houseplant. Its single and double blooms come in red, pink, tangerine, yellow and apricot. These plants, now compact, remain dwarf for three to four years, after which they grow to standard height. Place hibiscus plants in a sunny spot, and provide them with warm growing conditions (normal household temperatures during the day, 55 degrees F. to 60 degrees F. at night). Mist soil evenly. Once a month feed hibiscus all-purpose houseplant fertilizer at half the recommended strength. This plant summers well outside in a sheltered, partially shaded spot.

Primula obconica is another plant that can bloom year after year. Flowers come in pink, lavender, white and light blue. Provide the plant with bright but not direct sunlight, normal household temperatures during the day and fairly cool temperatures (40 degrees F. to 50 degrees F.) at night. Keep soil very moist for best results, and feed plant once a week with all-purpose houseplant fertilizer at one third the recommended strength. Mist foliage only (not flowers) daily to help prolong blooms. In late spring, after all danger of frost has passed, plant primula obconica outdoors in a shady, protected spot. Keep it well watered and fertilized throughout the season. In fall, repot plant and bring inside for another winter of flowers.

Dried or cut flowers

Another way to fill your home with flowers during the winter is to combine easy-to-grow foliage houseplants—such as philodendron, peperomia, dwarf dieffenbachia and ivy—with dried or cut flowers. Give your creative impulses free rein; design your own arrangements. Here's what you'll need: either one medium or three small foliage houseplants, five or six inexpensive wicks (small plastic or glass tubes that hold water), dried Spanish moss (wicks and Spanish moss are available at florists or garden centers), potting soil, a container and cut or dried flowers.

When opting for a fresh-flower arrangement with your foliage plants, select small versions of such flowers as carnations, daisies, pom-pom chrysanthemums or roses. If you use dried flowers instead, you'll find a large selection to choose from. Keep an eye out for tiny dried roses, which can add a nice touch to your arrangement. And dried baby's breath almost *(continued)*



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FLOWERING PLANTS
continued

always complements the other dried-flower varieties you choose.

To make an arrangement, select a shallow clay or plastic pot. Place some drainage material, such as pebbles, stones or flowerpot shards, in the bottom. Arrange houseplants attractively in the pot, and fill with potting soil. If your arrangement calls for fresh flowers, fill wicks with water and replace caps. Insert flowers through holes in caps, and place wicks in soil surrounding houseplants. Place pot in a container, such as a ceramic planter or a basket, and decorate with a colorful ribbon. Thinly layer Spanish moss over soil to fill in any voids. Every few days remove wicks and check water level. When blossoms wither, replace them with fresh flowers.

To combine dried flowers with houseplants, place greenery in a shallow pot as above, insert dried flowers in wicks (without water, of course!) and arrange them in a prepared pot.

Spring flowers in winter

The most ambitious way to ensure that you have fresh flowers in your home during the late winter is to force bulbs (such as tulips or daffodils), that is, to subject them to a process that will make them flower before their normal blooming time. However, to get blossoms by late winter, you must start in the fall. Bulbs planted in October or early November will be ready to bloom in late February or early March.

You can force bulbs in almost any kind of container. The traditional clay or plastic bulb pan is probably the best because it has essential drainage holes. As a rule, the pot should be about twice as deep as the height of a bulb. For example, a bulb measuring two inches from top to bottom should be potted in a four-inch-deep pot.

If you use new clay pots, soak them in water overnight before planting. (This prevents pots from absorbing water from soil after bulbs are planted.) Old clay or plastic pots should be scrubbed in hot, soapy water and then soaked in a mild chlorine solution overnight. (Use about one quarter cup chlorine to one gallon water.)

Good soil mixtures for forcing bulbs are Redi-Earth or Terra-lite, available in garden centers or nurseries. You can also use any other soil mix recommended for starting seedlings. But don't use potting soil. Its texture is too heavy to force bulbs properly.

Popular, readily available bulbs, such as daffodils, crocuses, hyacinths and early- and mid-season tulips, a best suited for forcing. To plant the first cover prepared pots' draina holes with pebbles, rocks or flower shards, then fill pots about two thi full with soil mix. Check soil depth placing a bulb on the surface—bu tips should be one half inch below ri of pots. Set more bulbs on soil, k make sure they don't touch one ano er; fill pots with soil mix. You sho be able to plant about three hyacint six daffodils, fifteen crocuses or six lips in a six-inch pot or bulb pan. Do pack soil: To grow properly, bulb ro require loosely packed soil.

Plant tulip bulbs with their f sides facing the outside of the pot. T way, the first large leaf of each pl will serve as attractive outer foliag

Once planted, all bulbs should watered thoroughly. Fill in any ca ties with soil mix. Label each pot.

Next, you must provide proper fo ing conditions. Three steps are volved in the forcing process: rooti the actual forcing and flowering. Ro ing takes the longest and must be d in a dark, cool place with temperatu between 30 degrees F. and 50 degr F. Put potted bulbs in a cool, unhea basement or garage, covering th with black plastic to provide the da ness necessary for rooting. Or you

ace covered bulb pots in the back of ur refrigerator.

The rest of the forcing process var-, depending on the type of bulb. Be- are specific instructions for forcing ch kind of bulb, as well as recom- ended bulb varieties.

ffodils *Rooting*: Ten to twelve eks in dark location at 30 degrees F. 50 degrees F. Shoots should be three four inches tall before they are ved into light. *Forcing*: Three to r days in bright, indirect light at 60 grees F. to 65 degrees F. Then put lbs in full sun until blossoms open ree to five weeks). *Flowering*: After ssoms open, return to bright, indi- t light at 65 degrees F. to 70 de- es F. to prolong flowering. Total eks to flowering: Thirteen to seven- n. *Recommended varieties*: Barrett owning (white, apricot corona), tch Master (yellow), February Gold varf, golden yellow), Geranium eamy white, apricot corona), Hono- u (double blossoms, white with or- ge and white corona), Tête-à-Tête varf, golden yellow).

cus *Rooting*: Six to ten weeks in k location at 30 degrees F. to 50 grees F. Shoots should be one and a f inches tall before they are moved o light. *Forcing*: One week in ght, indirect light at 50 degrees F. to 55 degrees F., then full sun until buds show color. *Flowering*: Indirect light at 55 degrees F. to 60 degrees F. for longest flowering. Total weeks to flowering: Nine to thirteen. *Recommended varieties*: All varieties of Dutch crocuses only.

Hyacinths *Rooting*: Six to ten weeks in a dark location at 30 degrees F. to 50 F. *Forcing*: Ten to fourteen days in dark location at 50 degrees F. to 55 degrees F. When shoots are four to five inches tall, tape black paper collars temporarily over buds and move to indirect light to help flower stalks grow to normal length. When bulbs show color (seven to ten days), remove paper collars. *Flowering*: Indirect light at 60 degrees F. to 65 degrees F. for longest flowering. Total weeks to flowering: Eight to thirteen. *Recommended varieties*: Amsterdam (pink), Anne Marie (light pink), Carnegie (white), Delft Blue (soft lilac), Jan Bos (carmine red), Pink Perfection (pink), Blue Jacket (deep blue), Eros (deep pink), Marconi (deep pink).

Tulips *Rooting*: Twelve to fourteen weeks in dark location at 30 degrees F. to 50 degrees F. *Forcing*: Ten to fourteen days in bright, indirect light at 55 degrees F. to 60 degrees F., then full sun for two weeks or until buds show color. *Flowering*: Bright, indirect light at 60 degrees F. to 65 degrees F. for longest flowering. Total weeks until flowering: Fourteen to sixteen. *Recommended varieties*: Apricot Beauty (apricot), Atilla (plum), Bellona (yellow), Bing Crosby (red), Christmas Marvel (pink), Hibernia (white), Madame Spoor (red, edged with yellow), Merry Widow (white and red), Monte Carlo (yellow), Thule (yellow and red), White Dream (white), Angelique (pink), Blizzard (white), Danton (scarlet), Edith Eddy (red, edged with white), Golden Eddy (red, edged with yellow), Peerless Pink (pink), Prominence (red), Yokohama (yellow).

To prolong all forced bulbs' flowering periods, keep temperatures cool and light indirect; mist bulbs occasionally. If you aren't home during the day, place plants in the refrigerator, which also helps prolong blooming.

Once bulbs have flowered, you can plant them outside to bloom again next year. To do this, continue watering until foliage begins to brown. Then remove bulbs from pots, allow foliage to wither and clean soil off bulbs. Store for the summer in an old stocking or a mesh bag in a cool, dry place out of direct sunlight. In fall, plant outside. However, don't try this with tulips, as they rarely bloom in a garden once they have been forced. **End**

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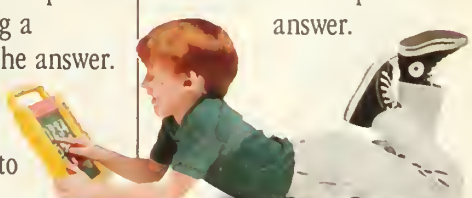
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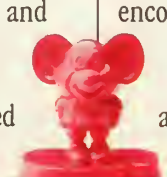
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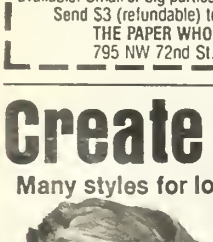
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LAST LAUGHS



WINNERS!

Best & worst advice from Mom contest

Congratulations! Nearly two thousand readers accepted our invitation to submit their mother's most memorable advice (*LHJ* May '87). The judges were cartoonist Cathy Guisewite; her mom, Anne, the author of *Motherly Advice From Cathy's Mom*; and the editors of *LHJ*.

first prize $2,000

Best advice: Mam soid, "The older you get, the smarter *I'll* get." She was right. I used to know it all. Mam couldn't tell me anything. Now I consult her far advice on practically everything.
Worst advice: "Never wear tarn underwear. What if you're hit by a truck and have ta ga ta the haspitol?" Wha cares abaut underpants if yau've been flattened by a truck? —**Paula Guhin, Aberdeen, SD**

runners-up $25

Best advice: "Like yourself before warrying if athers like yau." Mam tald me this when I was in high schaal; it still applies taday.
Worst advice: "Yau're old enaugh that you should stop asking me for advice." I'll never be that old! —**Sally Watson, Corbin, KY**

Best advice: "There is no happiness if the things we dream and believe in are different fram the things we do."
Worst advice: "There is nothing like a dish tawel for wiping a contented laok aff a husband's foce." —**Virginia R. Sewell, Newark, DE**

Best advice: "Remember, age doesn't matter, unless yau're a cheese."
Worst advice: "Don't waste yaur time entering contests—they're oll fixed." —**Honey Greer, Los Angeles, CA**

Best advice: "Never judge yaur mother until you've become o mather yaurself."
Worst advice: "If yau wont to ottroct an athletic man, wear a little Ben-Gay behind your ears." —**Diane L. Howell, Parker City, IN**

Worst advice: "Eat everything on your plate—waeful waste makes woeful want!" I wasted nat—but I sure want—to be o size 9 instead af a size 18!
Best advice: "Be a teacher!" Whot a feeling—when kindergartners draw a picture of their 180-pound teacher ond make her look like a 90-paund beauty. —**Anita Mullen, Connellsville, PA**

special honorable mention

I didn't have to stop to think twice
Before remembering Mom's advice:
"You shouldn't smoke or drink or swear"
"Cross your fingers if someone stares"
"Your bed should be made every day"
(The sight of my room turned her hair gray)
"You must go to school; you have no choice"
"Do you think I talk to hear my own voice?"
"The stain will come out if you soak it"
"Eat that chocolate now you've poked it"
"Bread crust will give you curly hair"
"I yell at you because I care"
"Carrots will improve your vision"
"Don't sit so close to the television"
"Keep your house neat as a pin—
You never know who will just drop in"
But the best advice that she could give
Is the example she sets by the way she lives
She's shown us that, for better or worse
She always thinks of her family first
She stays up late till we're all home
Puts our needs before her own
Though she's been ill for quite a while,
She rarely complains and is quick to smile
She jokes about her special diet,
Teases us that we should try it
But I often wonder how it must feel
To watch us eat a nice hot meal
That she spent hours preparing to cook
But cannot taste, can only look
I'm sure there isn't any other
Who is more a saint than my own mother
—**Ellen M. Fryer, Tuckahoe, NY**



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EDITOR'S JOURNAL

By Myrna Blyt



Tom Arma

Joy to the world!

Meet *LHJ*'s cover kids—who lov being part of this holiday issue

Our charming choristers, who look so adorable on our cover, really were singing as we photographed them. What are these delightful youngsters doing when they're not harmonizing—and posing for *LHJ*? Well, six-year-old Tanya Teague, who comes from the very small town of Grand Point, Louisiana, likes to go bike riding, take dancing lessons, play with her three-year-old sister and go to school. Tanya and her mom came to New York for the summer so that Tanya could try modeling. Now back home in Louisiana, Tanya is busy getting ready for Christmas. What does she want from Santa? A trampoline to get a jump on the gymnastics class she's eager to take.

Fellow chorister Sean Dwyer, also six years old, has a brother named Corey and a baby sister named Kellyn. His mom is a nurse, and his father is a New Jersey state trooper. The Dwyers live in Manalapan, a rural area, where Seon's grandparents have a farm nearby. Future farmer Sean likes to ride the tractor and help his grandfather do chores. But he has lots of other hobbies as well, such as cooking lunch (as long as lunch is SpaghettiOs). He's been modeling for just a year, and we're delighted that he helped make music on our high note of a cover.

What else is in this full-of-goodies holiday issue? Glorious recipes for all sorts of treats, decorating ideas you'll want to copy, beauty and fashion boosters to make you look your party prettiest, stirring seasonal fiction and features and special holiday visits with Bob Hope, Erma Bombeck and Jimmy Stewart. Read, use, enjoy this lovely issue. We're always so pleased to be part of your holiday celebration. And our whole staff joins me in wishing the very best of the season to you—and oll you love.

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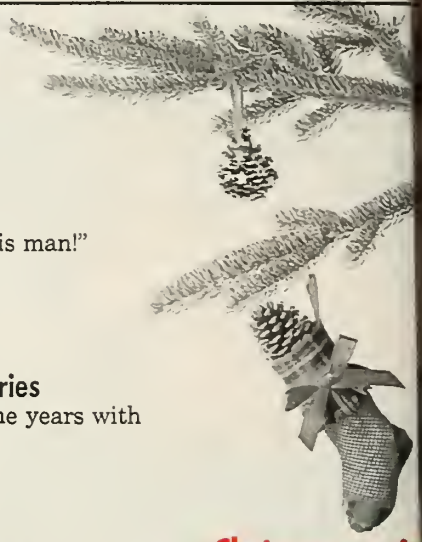
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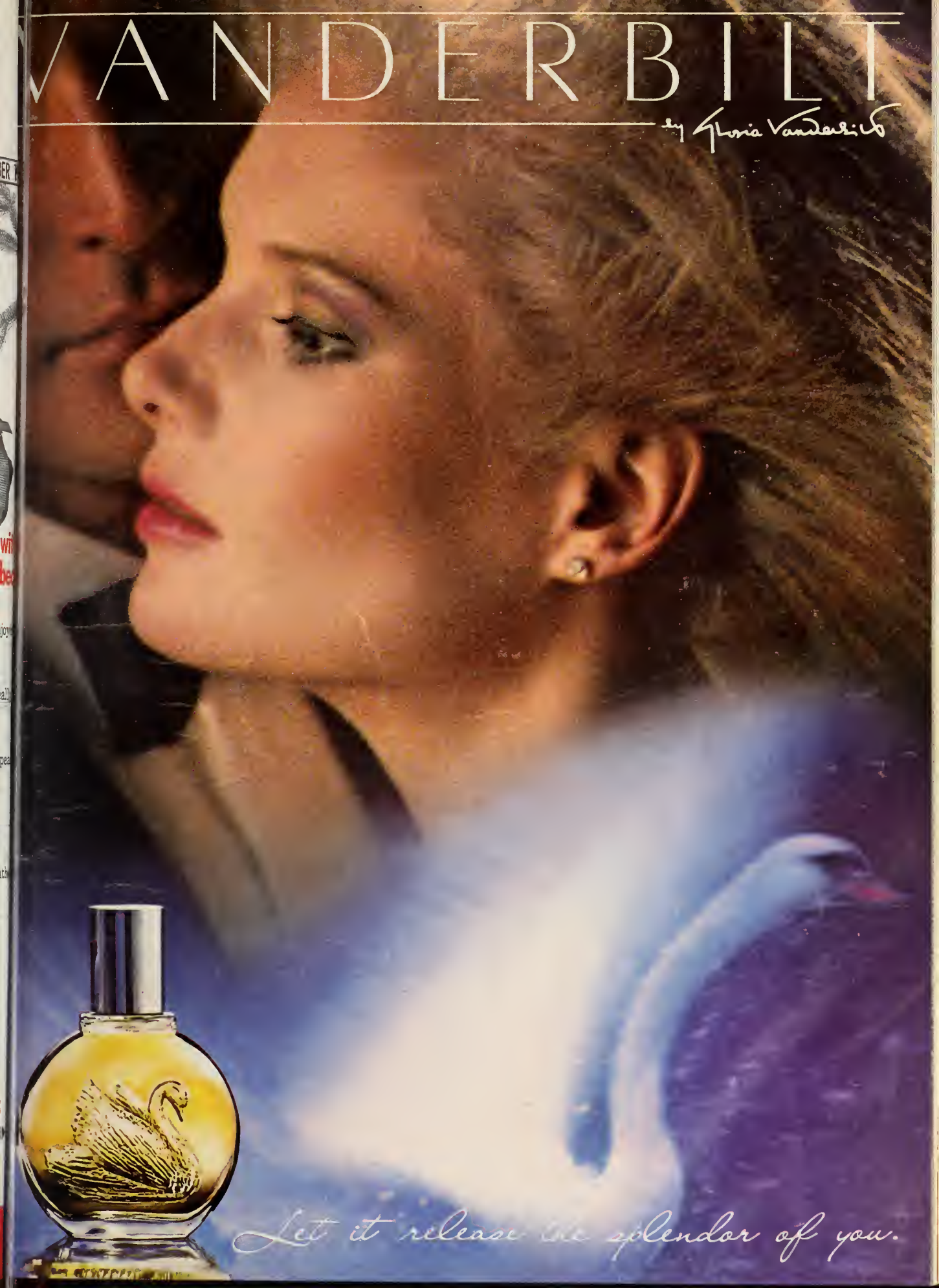


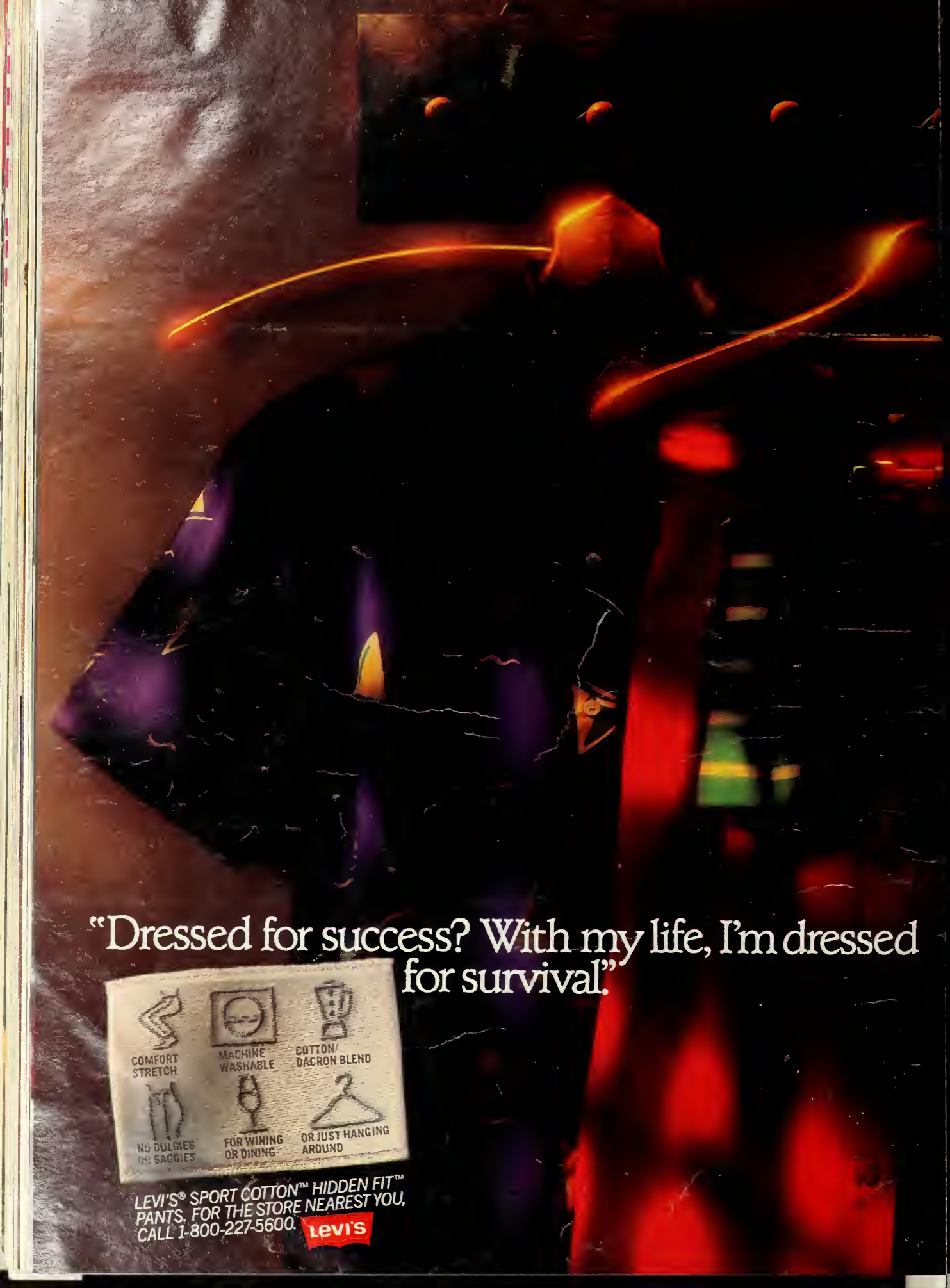
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The latest on this year's hottest celebs
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I can't take one more Christmas with this man!

By Sondra Forsyth Enos



Ardith Truhan

This case is based on interviews with clients and information from the files of Robert L. Barker, M.S.W., Ph.D., who is affiliated with the National Catholic School of Social Services, in Washington, D.C., and maintains a private practice in Maryland. The story reported here is true, though names and other details have been changed to conceal identities.

Bonnie's turn

"THIS MAY BE THE SEASON TO BE merry, but you sure couldn't prove it by Jack and me," said Bonnie, thirty-seven, a plump, pretty blond with a gentle voice. "Every Christmas for the four years we've been married, all the troubles we have—the hassles with Jack's ex-wife, Veronica, the fights over child support and visiting hours, the way he yells at me—have come to a head.

Bonnie and Jack's problems reach crisis proportions during the holidays. Is this a sign that their marriage isn't meant to be?

"Here it is, mid-November, and I can see the whole thing starting to happen. I know Jack loves his kids and mine, but he's just not much of a family man. He has his own business, an appliance repair shop, and he's there eighteen hours a day, six days a week. Then he says he needs time to recharge, so he goes hunting or fishing with his buddies instead of spending time with the kids or me.

"If I say anything, well, forget it. Jack has a mean streak, just like his father. He'll yell like you wouldn't believe if I cross him—or sometimes for no reason at all. Then he'll sulk and shut me out of his life for days. Just last Sunday he was in one of his moods, stomping out the door on his way to God knows where, and I said, 'Honey, did I do something to upset you?' You know what he said? 'What makes you think you're so important that anything you ever did could upset me?' I thought I would die.

"But the weird thing is, in a day or two, Jack swings right around and is as sweet as can be, bringing me candy or a pair of pretty earrings.

"That mean side of Jack just throws me because my own parents and my two sisters and I are all so easygoing. My first husband was a womanizer, but he didn't yell and call me names the way Jack does.

"Before we were married I never suspected this side of him existed. I was a waitress in the coffee shop near his job. Jack would come in, joke around and flatter me. We started going out—to movies, maybe dinner—and he was always a gentleman.

"I've learned to accept that Jack is moody, that he needs his own time. But that means I'm stuck driving to Veronica's house every other Friday evening and Sunday afternoon to pick up and deliver his kids. And I'm the one who has to settle the fights between his kids and mine, not to mention figure out how to entertain and feed everybody while Jack is away. On alternate weekends, when my kids are with their father and Jack's with his ex-wife, he goes out, and I'm home alone.

"The point I'm trying *(continued)*

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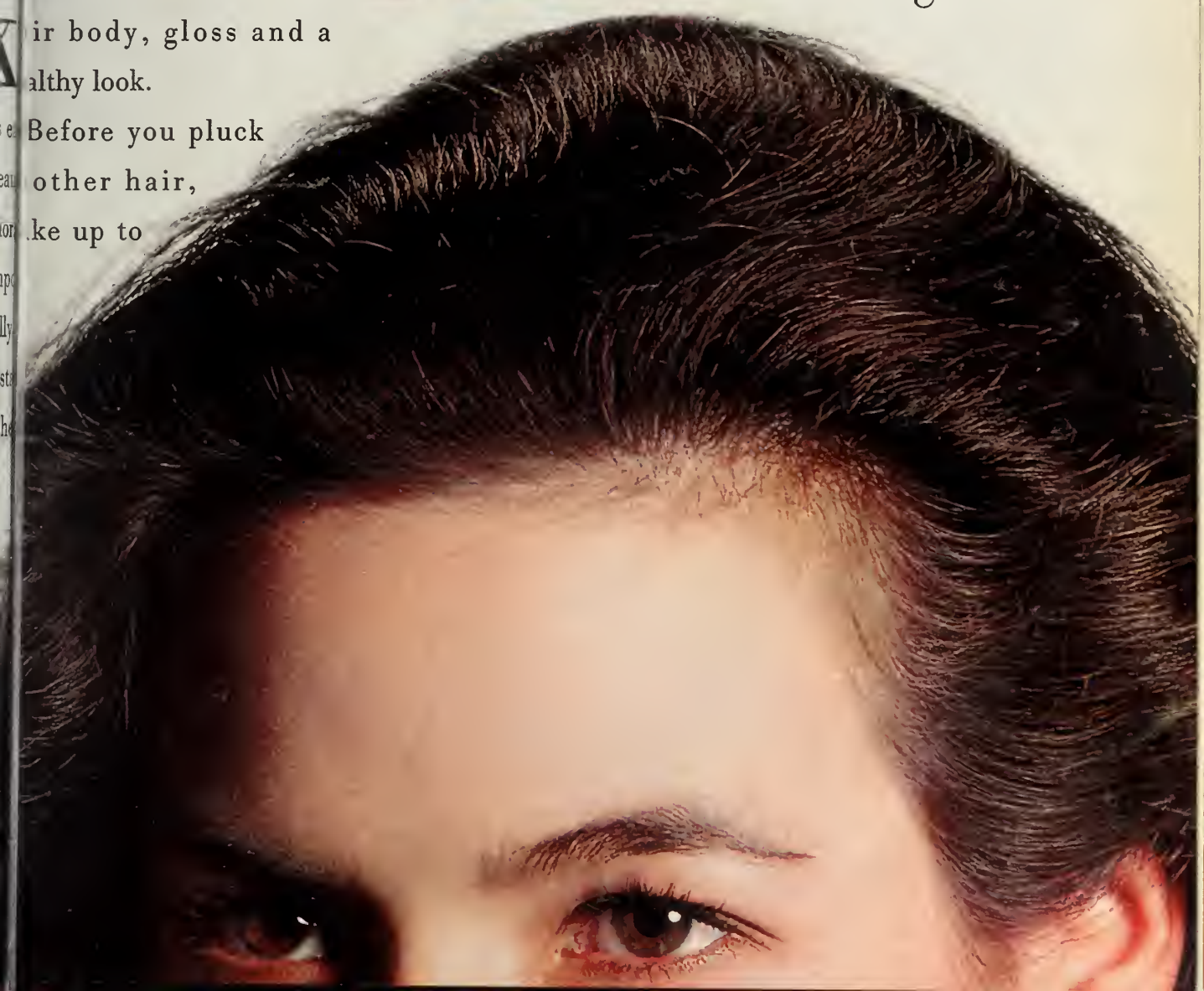
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CAN THIS MARRIAGE
continued

to make is that all year Jack provides very well for both families. But he barely pays any attention to anybody; he doesn't even sit down to dinner with us. So when Christmas rolls around, he gets the guilts and spends a fortune on gifts—clothes, stereos, VCRs—as if that could make up for three hundred sixty-four days of ignoring us.

"Frankly, I think we should do Christmas for my boys—Andrew is twelve, and Eric is ten—and Veronica should do Christmas for Jack's two kids, Diana, fifteen, and Jimmy, eleven. After all, she's their mother, and she has custody. Jack pays plenty of child support, believe me. It's a lot more than what I get.

"True, Veronica hasn't remarried, and she does live in a crummy apartment and probably can't afford too many extras on her receptionist's salary. But I can't help that. The divorce was her idea. She thought Jack would never amount to anything. Well, we're certainly not wealthy, but we bought a lovely three-bedroom house with a backyard; the children have nice clothes and everything they need.

"Of course, Veronica's nose is out of joint. But she always criticized Jack and made him feel like a failure, while I've boosted his self-confidence and worked right beside him. She's just jealous. She does things like buy a puny Christmas tree, give the kids socks and underwear and then say that if they want a decent holiday, they'll have to go to their father's house. Or she'll insist she can't afford haircuts, shoes or school supplies, so Jack tells me to take care of all that on their weekends here!

"I have enough to do raising my own kids and trying to keep peace between them and Jimmy, who's a real discipline problem. Once when Jimmy was here he stole some money that my kids had been keeping in a drawer. That wasn't the first time he'd taken something, either. You can see what the poor kid is doing—trying to grab a little of what we have. Coming here must be hard on him. Diana seems to tolerate the situation, but lately she's been having trouble in school.

"Now Jimmy is talking about living with us. That would be the last straw. I don't think I could handle it. Yet Jack is actually wavering!

"Meanwhile, Christmas is around the corner; Jack is out buying and buying. And we fight all the time. I love Jack, but if we can't get a handle on this, maybe it's the end of the line."

Jack's turn

"Bonnie doesn't understand what i like to have your kids taken aw from you," sighed Jack, forty-one, husky man with a thick shock of r hair. "She's got custody of her ki and she expects me to just step right and carry on as though they're mir Well, it's not that easy.

"The first few years after the ki were born, things seemed perfect. I' always spent a lot of time working a going out with the guys, but when was around, we got along great. Not ing beat hearing them call me daddy

"Then Veronica started complainin that I wasn't making enough mone Anyway, one day she took the kids a left. Just like that. I came home to empty apartment and a note that sa her lawyer would contact me.

"The shock almost killed me. Th night, though, a buddy stopped by borrow some fishing gear. He's d vorced, and he told me, 'You won't g the kids back, but you'll have them f weekends, summer vacation a Christmas, so enjoy it.' I made up m mind not to let it break me.

"The next Christmas, I got a tre and a deli turkey to heat up and thos cookies you slice and bake. Veronic had always done all the cooking, but was determined to make it smell an taste like the best Christmas ever. asked a neighbor to help me shop, an I bought piles of presents.

"Well, it worked. The kids wer thrilled. I promised that although the had to live with their mom, they'd a ways come to me for the holidays.

"Not long after that, I started datin Bonnie. About a year later, when m divorce was final, Bonnie and I go married at her parents' house. I like her folks from the minute I met them they're warm, easygoing people, so dif ferent from my own parents, who ar always fighting. They were encourag ing, too, giving us a little money t help me start my own business. learned appliance repair from my fa ther, who has his own shop, but I coul never work for him. We're too much alike. I also wanted to prove I coul make it on my own.

"Bonnie certainly helped. She qui her job at the restaurant, learned the office side of my business and really worked like a trouper. I've done pretty well, though I still worry a lot. I don't want to take any chances and then no be able to pay the mortgage.

"The funny thing is, when I get a day off, Bonnie becomes furious if I want to spend some time on my own. It gets to me so much, I end up saying things I regret. I guess I *(continued)*


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just take after my old man. Later, I'll try to make up to her with a nice little present, though I know it's not the same as staying home. Part of it is that I can't stand seeing the hurt look on my kids' faces, knowing that I've given Bonnie's kids a house and a yard and nice clothes, while my own never had those things and still don't.

"Jimmy, my little boy, takes it the hardest. You can tell it's killing him to see that these two strangers have his daddy and his daddy's money. Frankly, Jimmy has gotten out of hand, and I don't know what to do. I gave it to him good when he stole that money from Eric and Andrew, but I can't say I really blamed him. It's clear as the day is long what the kid is trying to tell us. He's been begging to come and live with us; it breaks my heart to say no.

"It all gets worse at Christmas. Bonnie clearly resents having my kids. She figures that the parent who has custody should do the main Christmas.

"But I'm caught between a rock and a hard place. Veronica refuses to make Christmas for my kids. And Bonnie thinks I should have Christmas for her kids and ignore mine. I can't do that. Sometimes I want to run away from all of them and live alone on a houseboat.

"So I blow up. I work like a slave to provide for two women and four kids, but nobody's happy. They can't put their differences aside for one lousy day. If you ask me, the way this family behaves at Christmas proves that it's hopeless for us for the rest of the year."



Ardith Truhan

"Bonnie doesn't know what it's like to have your kids taken away from you," said Jack.

The counselor's turn

"Bonnie and Jack's annual holiday crisis is much more typical than they realized," noted the counselor. "Census Bureau statistics show that there are more divorces in January than at any other time of the year. Most marriage counselors will tell you that family problems tend to get worse instead of better this time of year.

"What precipitates this ironic situation? People have unrealistic expectations about Christmas. Spurred on by store displays and TV shows, they pour so much into trying to create a storybook holiday that they are bound to be disappointed. For a family as complicated as Bonnie and Jack's, the pressure to live up to such a fantasy can be tremendous.

"After reassuring this couple that their problem was not unique, I tried to help them learn to communicate by using a technique called controlled talk. This structured exercise keeps two people from shouting at each other and forces them to listen—the key to effective communication. It also enables couples to work through their problems at home without a counselor. The premise is simple: Whenever either partner has a grievance, he should request a session with the other partner, to be held no sooner than twenty-four hours and no later than seventy-two hours after the request. This prevents the person who is angry or upset from blowing up right away and also gives the other partner a chance to think about the problem.

"The person who asked for a session has thirty minutes to talk, without interruption, if he wants. If there is time left over, each must go into a separate room during the interim. Then the second partner has thirty minutes to explain his view.

"Controlled talk also lessens the advantage of an articulate partner over a more taciturn one. Usually the wife is more talkative; however, in this case, Jack was more verbal and more forceful than Bonnie.

"Though it took a while for this couple to figure out how to make controlled talk work for them, when they did, the results were gratifying. At one point, Bonnie said she wanted to discuss why Jack spent so little time with his kids if he loved them so much. Because Jack was forced to sit quietly, he, for the first time, actually listened. He realized that all along he had thought being a good provider was synonymous with being a good father. Certainly his first wife had contributed to that belief, and it was compounded by his fear of losing his kids.

"This realization was a breakthrough for Jack, and he vowed to become more involved in the day-to-day rearing of the children. Bonnie emphasized how proud she was of Jack's accomplishments and that she thought he was a wonderful provider. This gave him enough confidence to keep his concerns about his business under control. Now he comes home from work much earlier; he also picks his kids up himself on the weekends, takes them on errands and is planning a family vacation to Disney World.

"Because Jack is spending more time at home, Bonnie doesn't get so upset if he wants to take a weekend here or there to go hunting. The children have responded warmly as well. As counseling progressed, we focused on Jack's harsh and rude treatment of Bonnie and on her understandable fear of his outbursts. I pointed out to Jack that his insistence that he takes after his father in this regard was no excuse for yelling at the woman he loves. He has made a concerted effort to control his temper.

"Though it is too late to change any plans for this Christmas, at least Bonnie and Jack have developed the communications skills to handle problems that may crop up.

"I've encouraged them to establish patterns of holiday visiting and gift giving that will not be so laden with emotion. Next year they hope to have a joyous but simple celebration with Jack's children on Christmas Eve, when Bonnie's kids are with her ex-husband. Then on Christmas morning, Jack's children will spend time with their mother while Bonnie's kids celebrate with Jack and Bonnie.

"Veronica will probably always be a thorny issue. It also hasn't yet been decided whether Jimmy will live with his father and Bonnie. I have advised against this, because I believe it will upset the delicate relationships this couple have worked hard to establish. The door is open for additional sessions, if necessary.

"However, I have never seen two partners work harder to save their marriage. They are genuinely nice people who want the best for every member of this complex blended family." **End**

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To travel forward to the past.
To allow what is forbidden.
To obtain that which is elusive.



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Xi'a Xi'ang

(pronounced see-ah see-ahng)

By Kay Burns

A lesson of love

I was afraid I'd never have a husband, children, a normal life. But when you believe in yourself, anything is possible

In our home, Christmas means spending time together as a family. The house fills with wonderful aromas as the kids and I make cookies, candies and fudge to give as gifts. Colorful presents sit under the tree. And visits with relatives are the highlight of our holiday. This year, as I look forward to this happy scene, I think of how life used to be, and I feel truly blessed.

It was not so long ago that things looked almost hopeless to me. Although my greatest wish had always been to get married and have lots of children, it seemed as though my dreams would never come true. When I was twenty-one, a terrible car accident left me a paraplegic, paralyzed from the chest down. Even though my doctor assured me that I was still capable of bearing a child, I felt that with my disability, no man would ever want me.

The accident that changed my life occurred during my last year of college, where I was studying for my teaching degree. I had been in the backseat of a friend's car, fast asleep. It was raining heavily and visibility was poor when we collided with another car. The passenger in our front seat was killed instantly, and my friend was badly hurt. To my horror I soon learned that my back, my neck and my collarbone had been broken. The doctors told me gently that I was permanently paralyzed and would never walk again.

For weeks I lay in my hospital bed, trying to cope. I was severely depressed, and I deeply mourned the lost use of my legs. Why me? I wondered over and over. My entire world had collapsed. I felt totally helpless.

During a fifteen-month stay in the hospital I participated determinedly in rehabilitation, but I continued to view the wheelchair and my new lifestyle as repulsive. Stares from strangers and awkward exchanges with friends only reinforced my negative feelings.

Finally I was released from the hospital. Although I was terrified of the future, I believed things couldn't get any worse. I also knew that I had to put my life back together. I obtained the seven credits I needed for my teaching degree through a correspondence course. This gave my life purpose during the next several months.

In September 1970, less than two years after my accident, I began teaching a class of first graders. My days were rewarding, full of loving seven-year-olds who *(continued)*



Rick Reil

A special family: the author with her husband, Alan, and their children (from left), Shannon, eleven, Brittney, four, Jordan, six, and Lucas, nine

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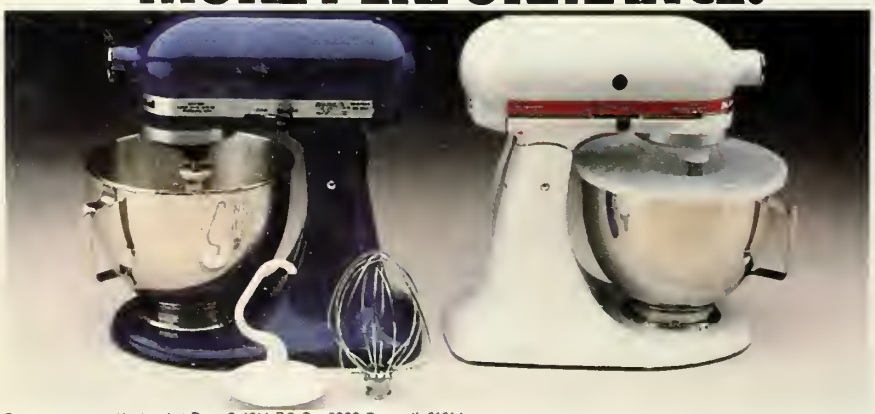
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A WOMAN TODAY
continued

accepted me, wheelchair and all. I w proud of myself.

For the next few years I taught a did graduate work. However, I w still lonely and often unhappy. I wou gladly have given up my career accon plishments for a relationship with t right man. But I felt my sexuality h vanished after the accident. I no long thought that I was attractive, desi able or worth marrying.

Fortunately, my friend Jo Cole rea ized how miserable I was, and she e couraged me to get professional help took her advice, and the next fi months of therapy completely chang the way I felt about myself. My ther pist made me realize that although didn't have to like the wheelchair, did have to accept it. With his hel I was able to feel at peace with myse

Two years later I met my future hu band, Alan. Friends arranged our fir date, and I have to admit, I wasn't t excited. You see, Alan also had unique lifestyle—he had lost both h legs in a mine explosion while servin in the military. I felt one disability i a relationship was hard enough. Ho could two disabled people ever cope?

But Alan and I hit it off right away We felt totally comfortable with eac other. We understood each other's ex periences and shared similar stories.

After three months of dating—th happiest time we had known i years—Alan and I married. We want ed a family more than anything, an within a few months, I was pregnant.

When we heard that joyful news Alan and I were ecstatic. But I wa also scared. How would I do as a moth er? Friends, although they meant well only added to my doubts. "How wil you care for a baby?" they asked. For tunately, I had developed a good sens of humor, and I delighted in the ex pressions on people's faces when I tol them I was pregnant.

However, I was worried that m paralysis would impede a safe birth So I put all my energy into helpin my baby arrive safely. Since Ala made enough money as a constructio worker to support all of us, I tem porarily retired from teaching afte my sixth month of pregnancy. I hap pily collected baby clothes, fixed u the nursery and attended Lamaz classes. I spent hours absorbed in read ing books about child care.

Alan refused to worry about ou ability to handle a newborn. He be lieved we would know what to do an how to do it when the time came. Hi confidence helped me ward off doubt when other people *(continued*



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A WOMAN TODAY
continued

expressed concern about my conditio

Finally, our daughter Shannon w born, on May 14, 1976, during a norm delivery. I was overwhelmed with j and relief. She was perfect.

At home, Shannon and I slow mastered the art of improvising. Sh learned to lie quietly in my lap as moved from room to room, as if sh knew Mom's arms were busy prope ling the wheelchair. She didn't obje when I awkwardly lifted her from th crib with one arm while I balance myself with the other. She tolerate water inadvertently splashed in he eyes when I bathed her.

Today Shannon is eleven, and sh has two younger brothers, Lucas an Jordan, and a little sister, Brittney My children are a great source of jo as well as help. Although I once wo ried that our children would find awkward and embarrassing to hav such unusual parents, they have ad justed well. In fact, our handicaps hav given them a sensitivity that we be lieve will enrich their lives.

The past eleven years of full-tim motherhood have given me enormou happiness and satisfaction. But I hav kept active in other ways, too. To sup plement our income, I became a sel employed day-care operator. I als teach a 4-H class for Shannon and sev eral of her peers, and whenever I hav free time, I do volunteer teaching a my children's school. In addition, I've been a guest speaker at my church, a schools and at community events deal ing with handicaps. These opportuni ties to discuss my disability are tre mendously rewarding to me, and hope that through education will com acceptance from others.

Because I feel strongly about teach ing others—especially children—wha it means to have a handicap, I've writ ten a book about my lifestyle calle *Our Mom*. Geared toward elementar kids, the book answers the question children have asked me over the year and contains pictures of me doing day to-day things. The book has been ac cepted for publication by Frankli Watts Publishing Co., in New York and will come out in spring 1989 I'm now writing a book about Alan.

Although it took me a long time t accept my handicap, I know now that could never have experienced mor love, satisfaction and personal growt if my life had been different. And n matter what obstacles I may face i the future, I'll do my best to overcom them. For I know the wonderful thing we can experience and in which we ca find joy, if only we try. **En**



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BEAUTY & FASHION JOURNAL

Tips and tricks for a beautiful December

how to look great with a COLD



You look awful—red, watery eyes, runny nose, blotchy skin, chapped lips . . . you'd love to hide under the covers all day, but holiday festivities won't wait. Learn to camouflage your cold with instant makeup cures from Rita Lokody for Trish McEvoy Skin Care, New York City.

■ Wake up a pasty, tired complexion with a gentle cleansing scrub to rev up circulation and make skin glow. Apply only to nonirritated areas of face. Hydrate with an oil-free moisturizer, reapplying frequently, to soothe soreness around nose. Try Prescriptives Oil-Free Skin Renewer.

■ Counter redness with a green color corrector, then damp-sponge on a sheer liquid foundation, such as Revlon's New Complexion Makeup, to even out skin tone. Hide undereye circles with a lightweight concealer one shade lighter than skin tone. Whisk on palest pink loose powder all over; follow with bright rosy blush on temples, cheeks, chin and browbone. Look for Covergirl's Brush-On-Blush in Blushing Pink or Shiseido Modulating Pink/Rose.

■ Perk up red eyes with over-the-counter drops—Maybelline's Ultra Clear Refreshing Eye Drops are a good choice. Concentrate eye makeup on upper lids, using khaki or gray-brown shadow to neutralize redness. Add a dose of blue waterproof mascara to upper lashes. Moisturize lips with a combination lip balm/hydrating lipstick like Chanel's Super Hydrabase/Lipstick in Ribbon Rose. Now you're ready to face the world—looking terrific despite the sniffles!

You'll look a lot healthier if you wear a rosy blush, minimal eye makeup, moisturizing lipstick

Hair and makeup this page by Harie von Wijnberge for Zoli Illusions. Top photo: Bow, Debra Moises; earrings, Wendy Gell.

derriere firmer

With shoulders square, tummy and buttocks tight, bend at hips and place upper body on desk as shown. Extend right leg back with foot flexed and knee bent at ninety-degree angle. Lift foot, working from hip, ten times. Repeat the entire sequence with left leg.



Exercise by Nancy Besser Connor, MA, Eastside Sportsmedicine, NYC.

David Croland

underpinnings for party wear

This season's festive fashions run the gamut from provocative body-hugging knits to above-the-knee flirty skirts. Wondering what's new to wear under dress-up clothes? Here's a guide.

■ Under second-skin knits, nothing's better than a shape-smoothing bodysuit. Now they're made with Lycra spandex for subtle contour control and underwires for bosom support. Super-high-cut legs and a Brazilian-thong back mean no panty lines, no bulges.

■ Also hot are lacy bras designed to wear with off-the-shoulder styles, portrait necklines and pared-down sheaths. The ones to look for have low-cut sides and décolletage—perfect under bare, scooped tanks and Vs. Improved design adds spandex to straps, "invisible" fiberfill to back up nude-look lace. The new stretch lace is so smooth it can be worn under the skinniest knits.

■ Short, swingy dresses and fun, flippy skirts get extra volume, less cling from nineteen- and twenty-one-inch petticoats and half slips. Made of lightweight natural and synthetic blends and glazed with lacy insets and hems, they're almost too pretty to hide! For those occasions when you need extra camouflage, go for full slips with stretch-lace bodices.

■ What are the right-now trends in lingerie shopping? Women are matching slips and petticoats to bras and bustiers. The sell-out colors for the holiday season are sexy red and steamy black, with soft, dusty blues and roses a close second. Women no longer want to wear boring, skin-tone lingerie—they want to look feminine and pretty even when they are *undressed.*



Bodysuit, Olga's Christina; dress, Sylvia Hiesel; earrings, Ted Muehling at Artwear.

Tohru Nakamura



Andrea Alberts

holiday makeup handbook

Shimmery products to choose, and how to use them for a hot shot of sparkle

Step out this season looking smashing! You've got several dazzling outfits and need knockout makeup to match. Store counters are chock-full of products that glimmer and shine—from opalescent shadows to iridescent blushes—so how do you decide what's best for you?

for a hint of glint count on powders and creams with built-in glow or your favorite day makeup shades boosted with gold or pearl undertones. For extra sheen add silver, gold or pure pearl glazes to matte products. (The words "pearlized," "opalescent" and "iridescent" all mean the product shimmers.)

make sparks fly by applying luminous products the right way. We asked pro makeup artist Rex for basic pointers: Shimmer is eye-catching and light-reflecting, so use it to enhance only first-rate features (and just on unlined and unblemished areas). Top spots for discreet shine? Under peak of brow, at center of lids near lashes, along top of cheekbone, at center of lower lip. These are the places where most women have smooth skin, where light hits contours of face in a flattering way. Experiment with different shades, and remember to try products sparingly at first, then go for all-out dazzle with bolder applications. Rule: The dimmer the light you'll be seen in, the glitzier the makeup should be.

five shimmer essentials for eye-arresting P.M. glamour ● a glittery version of your everyday matte shadow. If you normally wear soft brown shadow, opt for a punched-up shade at night, such as bronze or copper ● a metallic lipstick—gold or bronze are super choices to wear alone or to gild another lipstick ● a high-frost nail polish—the most versatile choices are pearl and gold (wear alone or use to add gleam to an everyday polish) ● an iridescent liquid eyeliner in blue ● a highlighting face powder or cream.

10 tips for a party-perfect face

Follow these expert makeup tips and tricks from Rex for stand-out-in-the-crowd good looks.

■ **Begin with water-based foundation in a shade a bit lighter than you normally wear—evens skin tone for added polish.**

■ **Dust on loose transparent powder for matte finish. For stay-put power, set with an astringent-moistened cotton puff (avoid nose) and repowder. Or try one of the new pastel powders—lavender enhances pale or sallow skin; peach or pink adds warmth.**

■ **Decide on your makeup scheme—if emphasis is on eyes and blush, go easy on lips; if you want dramatic eyes and lips, minimize blush.**

■ **Want to intensify eyes? Make them smolder with metallic-flecked powder shadows, and line with liquid or felt-tip liner. Apply black or brown mascara in thin layers, last coat in color.**

■ **For trendsetters only: False eyelashes are back—in classic brown and black, and bold blue and purple, too!**

■ **What are the best new mascara/pencil team-ups? Blue-green and copper are best for baby blues; brown eyes blaze with burgundy or electric blue; green eyes look hot with terra-cotta or gold; bronze and gold are tops for hazel.**

■ **Love time-saving eye makeup? Look for fat eye pencils that line, shadow and shape in one application, or sponge tip wand shadows to color, blend and act as a base for powders and pencils.**

■ **Go brighter with blush at night—from pink to red, apricot to bronze, burgundy to plum. Blend in an arc from temples to cheekbones.**

■ **For fullest, lushest lips, line and then fill in with pencil, top with same-color lipstick.**

■ **Lipstick shades to look for: Bright red is sexiest at night, tangerine and amethyst are newsy; soft pink is classic.**

best glitz buys

For evening glamour, try Coty Moonsilk Moiré Eyeshadow from the Vanities Collection. ■ **Go for the gold with Maybelline's ColorFresh Lipstick in 14 Karat Bronze or Fool's Gold Red.** ■ **An extra-special treat for holiday nails—Ultima Couture Nailcolor in Candlelight and Sumptuous Cerise.** ■ **For head-turning eyes, choose Lancôme's Luminescent Automatic Eyeliner in Jewelite or Metalite.** ■ **Give your face an allover glow with Almay's Face Highlighter in Silver Lights or 24K or Avon's Dazzle Dust for Cheeks in Pink Radiance.**

Blouse, Sylvia Hiesel; earrings, Carolee Designs.

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TRENDS

the 1987 most-wanted list

Time to start Christmas shopping . . . and you can't think of a thing to get your best friend, the baby-sitter, your brother? Problem solved! We discovered the hottest-selling items under $15 that everyone on your list will love. What are the current trends in holiday gifts? For women, fragrances are the most popular presents. A close second are makeup kits that offer everything you need in one purse-size compact. For men and women, look for pampering items, such as shower and shave sets for him, mini-size skin treats for her. Below, our favorite holiday finds.

for her Revlon Holiday Trimmings ($10) is a mirrored compact complete with twelve shadow shades, blush, powder and four applicators. ■ Clairol Currents Styling Brush ($11.99) has unique angled bristles designed to smooth curly hair, control the frizzies. ■ Maybelline's Jewels of the Sea ($8.95) includes six powder shadows, dual-color eye pencil, waterproof mascara and three blush shades in a compact. ■ Olay's Holiday Gift Collection ($8.99) treats skin with a mini Beauty Bar, Beauty Cleanser, Night of Olay Nightcare Cream and Beauty Fluid.



Tohru Nakamura

for him Perfect for the busy traveler: Coty's Stetson Deluxe Travel Kit ($13.95) complete with aftershave, cologne and soap in a dish all in a leatherlike bag, and Revlon's Overnighter ($15) includes five grooming essentials plus a comb in a snakeskin case. ■ Chaps Ralph Lauren Traditionalist Gift Set ($12.50) aftershave and cologne and Signet aftershave by Avon ($13.50) are terrific skin smoothers. ■ Keep his feet smelling sweet with Scarborough Shoe Sachets ($12.50), available in three scents. ■ Cyclevision, Congress Video Group ($14.95) lets him view such scenic sites as Yellowstone National Park and San Francisco while pedaling a stationary bike. ■ Start the year out right with the perfect gift for the man who loves pampering. Count on the Vitabath Gift Sampler ($12.50)—four assorted Vitabath Bath and Shower Gelees and four Vitabath Guest Soaps assembled in a wicker basket. (All prices are suggested retail prices.)

Above outfit, Mary Jane Marcasiano. Right: model, Caroline Ellen of Click, outfit, Danskin.

surefire energy uppers

Don't let excess work, endless shopping and late-night partying leave you listless—just try our strength renewers.

1 For a quick pick-up, aerobics is the best energizer around. But there's no need to take an hour-long class: Just fifteen minutes of brisk walking, jogging, cycling or fast dancing to your favorite music will



provide a needed stamina boost.

2 Save an hour for yourself at a first-class salon. Indulge in a manicure, a pedicure or even a massage.

3 Tense muscles? Relieve a sore neck or back with this quick exercise. Sit tall in a straight-back chair with feet together, hands clasped behind head, elbows open, tummy in. Curl down slowly. Exhale as you draw elbows in until they're resting on thighs. Hold four seconds. Slowly return to starting position as you inhale. Do ten times.

4 Give your face a lift with a refreshing masque. We like Noxzema's Complexion Therapy Peel-Off Mask and Revlon's Respirar Skin Aerobics Mask.

5 Sore shopping feet deserve TLC. Try this "fire and ice" footbath: Sit on edge of tub and alternate steamy hot and icy cold water. Soak feet two minutes in hot water, two in cold. Repeat.

6 For all-day liveliness, try to eat high-carbohydrate foods, such as whole-grain breads and cereals, fresh fruits and nuts—all provide a steady stream of energy. On a very busy day, try to eat several small meals instead of three large ones for nonstop vitality.

7 After a long, hectic day, take a break and meditate to soothe body and mind: Sit comfortably with legs crossed, back straight. Lower head until chin is resting on hollow between collarbones. Stretch arms straight out and rest back of wrists on knees. Touch tips of index fingers to tips of thumbs, keeping other fingers extended. Close eyes, think relaxing thoughts. Breathe deeply.


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No-fail dressing

Here's what to wear for those special times when you don't want to look extra dressed up or ultra casual

Can't determine the proper attire for dinner with the boss and her husband, brunch at your new neighbors' home, an acquaintance's cocktail party? For situations that require an outfit between sporty and formal, stick to styles a step above what you'd wear to work. Choose upscale fabrics like silk damask, velvet, wool jersey, organza, charmeuse—they'll add sophistication to even the most basic shapes. Our top picks: the knit twin set plus slim skirt in burnished neutrals and the pale wool suit at left. Both are attractive, polished, always appropriate. Long-over-short, monochromatic style fudges figure flaws, boosts body confidence. Count on feminine details for more festivity—a chiffon scarf, a twisted pearl choker, a matte gold collar. Why are the fashions below all wrong? Whenever you're unsure about what to wear, stay away from pants. If you opt to wear a bare tank, top it off with a softly tailored jacket. Also a no-no—a too frou-frou dress that looks as if you're headed for the dance floor.



do

Fashion-right for almost any occasion: Knit twin set and slim wool skirt in rich neutrals by Liz Claiborne



don't

Fine for an evening with friends, but a tank and trousers are too casual for an important affair

Tohru Nakamura



do

Perfect for day into evening: an up-to-the-minute ivory wool suit and shell-pink silk T by J.H. Collectibles



don't

Always save that flirty P.M. party dress for when you're positive it's proper

figure-flattering nightgowns

'Tis the season to receive a sexy nightgown under the tree! If your new negligee doesn't suit your shape, just exchange it on the sly for one that reveals A-plus assets, conceals body flaws. Because there are so many styles to choose from, check out our wearer-friendly lingerie guide before you hit the stores:

bias-cut gowns, reminiscent of forties pinups, gently flow over curves and are perfect for full figures. Got great gams? Go for a short, bias-cut slip with a ruffled hem that shows off lower legs, camouflages chubby inner thighs and saddlebags. Team with a matching robe or cropped bed jacket to hide less-than-firm arms.

stretch lace bodices with graceful, ballerina skirts make the most of shapely upper bodies and toned midriffs while flattering problem hips, thighs, rears. Low-cut styles with boned insets at V draw attention to a sexy décolletage. Lace design lets a bit of skin peek through and covers up at the same time!

Egyptian-style sheaths (inset) sport wide straps, perfect for balancing full hips. Lacy V-shaped neckline flaunts a graceful neck and beautiful bust. Try an ankle-length gown to skim over heavy legs.

side slits and trumpet hems are ideal for easy, comfortable movement and exposing a flash of leg. You'll love slipping into sleek negligees made of charmeuse or chiffon, in silk or polyester blends in ivory, rose, violet or black.



Ivory silk chiffon gown by Natori

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*A survey was conducted among 303 responding dermatologists. This photograph represents a dramatization of the survey group.







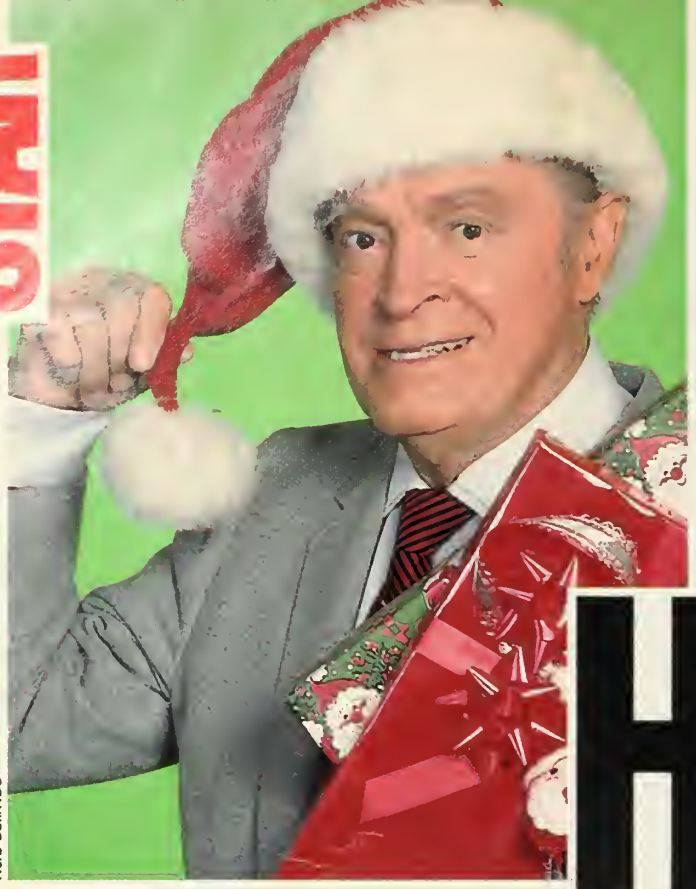


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COTY N. Y. 1987



Herb Ball/NBC

Bob Hope

thanks for the memories

What would the Christmas season be without Bob Hope? One of America's favorite entertainers reminisces about his career and his family

By Cindy Adams

Hundreds of feet above the California desert, past an iron gate and off a winding road, sits Bob Hope's house. One does not simply drive to this Palm Springs palace—one ascends. A staggering cantilevered stone castle, it is part of a 25,000-square-foot aerie that overlooks the entire valley below.

Bob Hope has been going up and down that mountain quite a bit lately. At eighty-four, he moves from one project to the next at the same rapid-fire pace with which he delivers jokes. In addition to recently completing his Christmas special, which is scheduled to air in mid-December on NBC, he still spends a hundred and fifty days a year traveling.

"Part of success is energy," he says as he sits on an oversize couch in his living room. "Last *(continued on page 214)*

Fisher-Price toys are tested by experts.



Some of our experts are too young to file a report. No problem. We simply watch them at play in our own Fisher-Price Nursery School. While they play, we learn.

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By Beth Weinhouse

LEAD POTTERY WARNING



That lovely pottery bowl you bought in Mexico last year, the exquisite piece of Delft china your neighbor gave you for Christmas, the expensive Italian ceramics you splurged on for your anniversary. According to a recent FDA report, all of these china and pottery objects, and many more, may contain excessively high lead levels, putting you and your family at risk of serious illness if you use them to cook in or serve food on. The lead hazard usually results from improperly applied glazes. According to the FDA, handcrafted pottery, imported items and older dishes pose the greatest risks. (Beginning in 1971 the FDA required that decorated glass and pottery sold in this country for cooking or serving food and beverages meet lead standards. The FDA issues recalls, but often not in time to prevent hazardous items from being sold.)

The symptoms of severe lead poisoning include abdominal cramping, constipation, headaches, fatigue, balance and vision problems, and personality changes. In young children, exposure to lead can lead to irreversible learning handicaps. To protect your family, follow these tips:

- Don't store, cook or serve food in any ceramic objects that are questionable—for instance, old dishes purchased at garage sales, cracked pottery, or ceramic handicrafts bought abroad.
- Wash earthenware by hand. Dishwashers, because of their abrasive cleansers, high temperatures and vigorous scrubbing, may erode the glaze and allow lead to leach into food.
- If you have a lot of earthenware you think may be hazardous, you can buy a home testing kit to check for lead levels. The kit costs $24.50, including postage, and is available from Frandon Enterprises, Inc., 511 North 48th Street, Seattle, WA 98103.

Sick Santa SYNDROME

So many people come down with colds and flu over the holidays that a Navy physician has come up with a name for the problem: Sick Santa Syndrome. According to Mark L. Dembert, M.D., M.P.H., of the Navy Environmental Health Center, in Norfolk, Virginia, viruses are transmitted by "ho-ho-ho-ing, hugging, listening, reassuring, and winking done face-to-face." Which puts everyone who embraces the holiday spirit (especially dress-up Santas) at risk.

What's Dembert's real message? To avoid colds and flu, take care of yourself during the holidays. Make sure you maintain a proper diet, sleep well and exercise. And if in spite of your care you wind up with a cold or flu bug, see page 102 for advice on how to feel better fast.

LHJ GUTLINE UPDATE

Last August, *Ladies' Home Journal* and the American Digestive Disease Society (ADDS) announced a special one-week phone line, staffed by gastroenterologists, that readers could call for answers to their questions on digestive diseases.

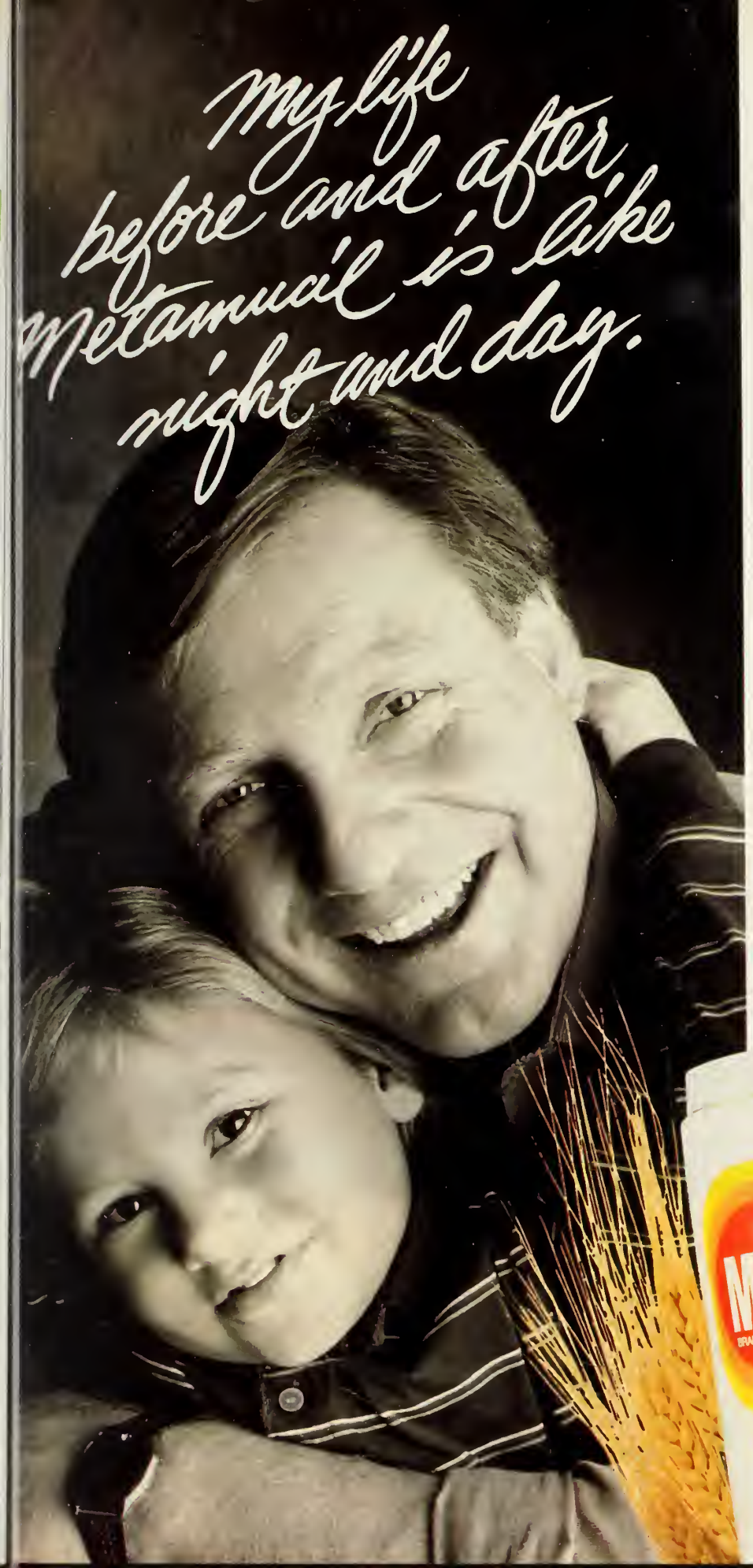
So many readers called the *LHJ* Gutline, however, that only some of them were able to reach the experts.

For those who failed to get through, there is a regular ADDS Gutline that operates every Tuesday evening from 7:30 P.M. to 9:00 P.M. Eastern time. The number, in Bethesda, Maryland, is 301-652-9293.

Pregnancy and hepatitis B

The American Liver Foundation is urging all pregnant women to be tested for hepatitis B, a serious liver infection that can lead to cirrhosis or liver cancer. A woman can be a carrier of the disease and experience no symptoms but still transmit the disease to her baby at birth.

If the mother's test is positive, the child can receive a protective vaccine immediately after delivery (followed by three more shots at intervals), which in 90 percent of babies successfully prevents development of the infection.



"My family can tell you —before Metamucil, I was edgy and uncomfortable from one day to the next. After, well, it's like this big weight has been taken off my shoulders."

Overcoming irregularity makes the difference.

Frequent irregularity is often caused by a lack of fiber in your diet. Too little and it's difficult to stay regular.

That's why you need Metamucil—natural therapeutic fiber doctors recommend by name.

Stay regular for the rest of your life.

Metamucil offers the long-term solution to irregularity. Because it's made of safe, natural fiber.

And Metamucil is so effective —used daily it not only restores regularity, it can help keep you regular for the rest of your life. That alone is pretty remarkable. But Metamucil doesn't stop there.

It also frees you from relying on harsh, chemical laxatives. Since they're not fiber, they only offer a temporary solution.

No wonder so many people prefer life after Metamucil.

Metamucil.

And you could be regular for the rest of your life.



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These days, a discoverin

THE NEW WATER PIK® SYSTEMS.

Food trapped below the gum line can do some real damage. You can't feel it happening. And you can't see it. At least not until your dentist captures your smile on film.

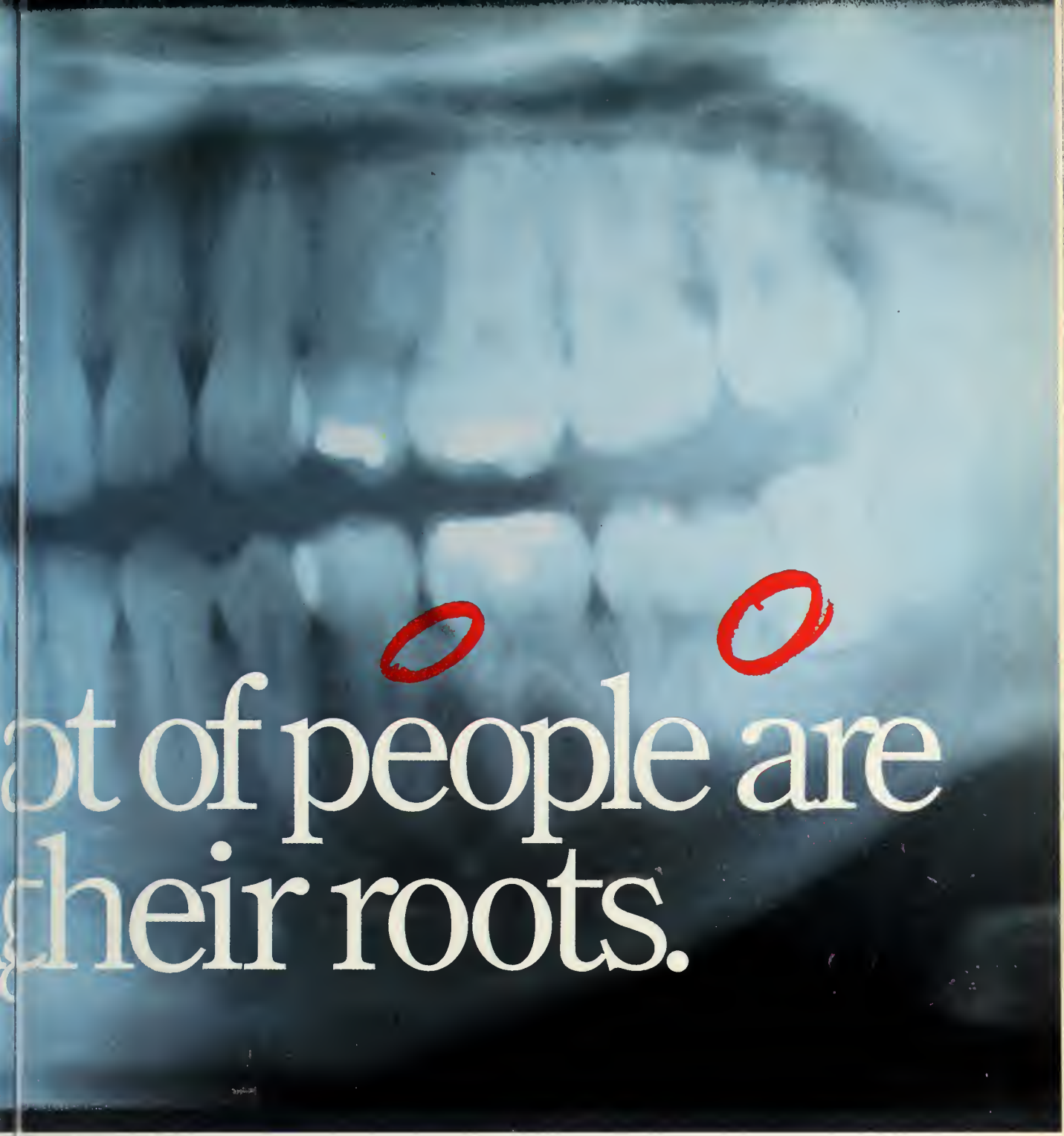


BRUSHING AND FLOSSING AREN'T ENOUGH.

The fight against early gum disease begins with brushing and flossing. But there's only one way you can flush out the harmf debris that regular care leav behind: the new Water Pik® Dental System.

With pulsing jets of wate or your own antibacterial m wash—the Water Pik system cleans every little out-of-the-way place.

Accep



d its massaging action guar-
ees your gums the most fun
y'll have all day.
Ask your dentist about the new
ter Pik system. Because with-



out it, you might discover some uncomfortable little secrets.

FIVE WAYS TO GET SERIOUS ABOUT YOUR SMILE.

1. The Family Dental System. Jet tips for four. *2. The Personal Dental System.* Made for two. *3. The Travel Dental System.* Compact. With rechargeable battery. *4. The Home Dental Center.* Four jet tips plus automatic toothbrush. *5. The Automatic Toothbrush.* Cordless and rechargeable.

WaterPik® DENTAL SYSTEMS

Because brushing and flossing aren't enough.

THE OPERA GUILD NEVER SUSPECTED THAT MRS. BELLWETHER'S CHICKEN PUCCINI WAS FROM THE COLONEL.



And why should they? She served on Moments,™ from Anchor. The elegant fluted edge. The substantial base. So pleasing to the eye, and yet so practical.

Turn the ordinary into a grand occasion with Moments. One of the many serving collections, by Anchor. You, too, will make a lasting impression.



Anchor Hocking

We're with you every day.™



FREE YOUR CHILDREN.

Video game machines do little more than trap our children in an unproductive, limited world. It's not that playing games is bad. It's just that there's a whole lot more to life than blasting space monsters.

That's why your children need the Commodore 64.* The Commodore 64 is a full function, affordable home computer that frees them to explore whole new worlds.

Thousands of programs are available to help your children prepare for anything from a third grade math test to college boards. And they can gain serious computing skills while doing it. A comforting thought, because according to one estimate, by the time your children are ready to enter the job market, three out of four occupations will be computer related.

In fact, studies suggest that students who get computer aided instruction tend to be more motivated, and score higher in the basic disciplines like math, science, and English.

The Commodore 64 can also introduce your children to the finer things in life—like art and music.

The Commodore 64 even beats video game machines on their home ground, by offering kids a selection of hundreds more games than all video game machines combined. Games that are educational, informative—and a whole lot of fun.

So, don't let your children get trapped. Free them with the Commodore 64.

KIDS CAN DO MORE WITH A COMMODORE 64

$100 FREE OFFER FOR COMMODORE 64 BUYERS.

Every Commodore 64 comes with the critically acclaimed GEOS™ software package, which includes full-function word processing and painting programs. And for a limited time, we're also offering five of the hottest Epyx* videogames absolutely free with your Commodore 64 purchase—a value of over $100.*



Commodore, the Commodore logo, and Commodore 64 are registered trademarks of Commodore Electronics, Ltd. GEOS is a trademark of Berkeley Softworks. Epyx is a registered trademark of Epyx, Inc. *Optional disk drive and mouse or joystick required. See your participating Commodore 64 retailer for details. Proof of purchase and warranty card required. Offer expires 1/1/88.



Mike Boroff

Her nurses call her an angel, her doctors call her a medical miracle. But little Patty needs more than words this Christmas—she needs a family and a loving home

The MILLION-DOLLAR BABY nobody wants

In the corner of Patty Carnes's hospital room is a bookcase that contains most of her possessions. On the bottom shelf sits a pair of patent-leather shoes with bows on the toes—white Mary Janes that will never touch the floor. There are Big Bird slippers, ribbons for her curly blond hair, Cabbage Patch babies and a Garfield doll—the toys of any normal four-year-old.

But sharing space with the ribbons and dolls are objects that point to anything but a normal childhood. Next to a collection of Dr. Seuss books is a pair of latex gloves that will go on the hands of the nurses and respiratory therapists at Brackenridge Hospital, in Austin, Texas, every time they clean out Patty's air passages and the hole in her throat. The thin plastic tubes in a box nearby are inserted through her nose to the back of her throat every four hours to prevent infection and enable her *(continued)*

By Cheryl Coggins Frink



THE CHOICE IS CLEAR FOR LEMON LOVERS.

NEW LEMON LIQUID CASCADE
FOR VIRTUALLY SPOTLESS DISHES

"Now you don't have to just dream of a white Christmas."

Jaclyn Smith™

Available at USA Kmart stores.





"I was brought up to believe that everything should look its best during the holidays.

"The house was always ready for company. The tree was decked with dazzling decorations. And you were always dressed up, even if there was no particular place to go.

"When I think of all the traditions of Christmas, it is the simple elegance that is most beautiful."

See the Jaclyn Smith Holiday Collection at Kmart.
All under $25.

Kmart. Yes, Kmart.

America's Favorite Store
Kmart
the Saving Place

The MILLION-DOLLAR BABY nobody wants



ontinued) to breathe with respirator.

The books and toys help eep Patty happy. The ıbes and gloves help keep er alive. For most of her fe, she has been confined) a room in this city hospi-ıl, the victim of a rare and evastating disease that as left her paralyzed from ıe neck down and depen-ent on a mechanical reathing machine that hooshes life into her ıngs sixteen times a min-te. Though she remains n intelligent, bright-eyed child, Patty as forever lost the ability to walk, reathe on her own, throw a ball or ed herself. She has lost her family. nd she may have lost all hope of get-ng out of the hospital.

What she hasn't lost is her ability to ugh and cry and even throw a little ntrum. She hasn't lost her joy in say-ıg her ABCs or naming colors. And ıe hasn't lost the flash of life that urns in her eyes and lights up her ıce when she's near someone she loves.

"When I look at Patty, I see that right face and those beautiful, long yelashes, and it's an emotional tug of ar," says Gretchen Knowles, who is atty's *guardian ad litem*, a court-ap-ointed counselor who oversees her le-al and social welfare. "You don't know hether to hug her or to cry."

Patty's happy, innocent smile masks he medical, legal and social values that collide in her world. Her perplexing case points to a sad irony about today's high-tech medicine: Doctors may have the ability to save critical patients like Patty, who would never have survived before, but society doesn't have the means to care for them. Patty should be living at home now, but no one will take her. Her treatment—which so far has cost more than $2 million and increases by more than $1,500 a day—has become a burden for the hospital that saved her life. It's too expensive for the nurses, who dote on her and would otherwise adopt her, and the mother who loves her but cannot afford to care for her. Patricia Louise Carnes, a little girl who will never be able to walk, has managed to slip through a crack in the system into a frightening limbo of unanswerable questions and unworkable solutions.

So it seems that Patty Carnes, the little girl with the Shirley Temple smile and the million-dollar price tag, has become the miracle baby nobody wants.



ATTY HAS CHARMED HER DOCTORS AND NURSES—AND EVEN MICKEY MOUSE

Patty was born in Brackenridge Hospital on August 28, 1983, a healthy, thriving newborn. Because her father and mother divorced a month before she was born, Patty was being raised by her mother. Then, on February 27, 1984, disaster struck. "I picked Patty up, and I realized that her breathing was wrong," says her mother, Denise, who is handicapped herself. (She is deaf and is unable to stand for long stretches since one leg is shorter than the other.) Denise recalls that her daughter had been sick with a cold just a few days before, but this time something was drastically wrong. "She wasn't moving her arms or her legs. She was like a vegetable."

Denise rushed Patty to *(continued)*

NEW



THE MOST EFFECTIVE ANTI-DIARRHEAL JUST FOR CHILDREN

Only St. Joseph® Anti-Diarrheal relieves your child's diarrhea as effectively as Imodium®, a leading prescription brand, yet as safely and gently as Kaopectate®.

Use as directed.

Imodium is a registered trademark of Janssen Pharmaceutica N.V. Kaopectate is a registered trademark of Upjohn Company.



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"And only three months ago
I was saying, me fall in love? Now,
I can't remember life before her."

CHANTILLY





From the Chantilly fragrance collection.

The MILLION-DOLLAR BABY nobody wants



ıtinued) Brackenridge, ːre doctors saved her but were unable to halt paralysis. They soon no choice but to put ːy on a respirator, beːse the muscles that ld normally drive her ːs were paralyzed; she dn't breathe on her own. atty's problem was diagːd as diffuse myelitis, a ː, mysterious condition vhich the spinal cord beːes inflamed. Once that ırs, the spinal cord is no ger able to send messages from the in to the muscles, and paralysis reːs. "It can happen very rapidly," says ip Karnik, M.D., the pediatric neuːgist who treats Patty. "The child y have a respiratory or a viral infecı, and then a few days later the infecı stimulates an immunological reːnse that attacks the body's own s."

he disease also causes other probıs. Patty's heart rate can drop for no ious reason, and she is unable to intain her own body temperature. r doctors say all these conditions are irreversible. "Patty probably will never be able to breathe on her own, and she probably will never have any purposeful movement of her arms and her legs," says Mike Bayer, her pediatrician. "Physically, she's where she's always going to be." Though she may only live several more years, it is possible that Patty will survive "well into adulthood," Bayer says.

Patients with this illness are at high risk of dying because they can easily succumb to infections. But Patty has been blessed with a corps of nurses, support staff and volunteers who give her special care. Thanks to that care, the little girl has never had a bedsore in the nearly four years she's been bedridden.

NEW



THE FIRST MEASURED-DOSE NASAL SPRAY JUST FOR





KMART. YES, KMART.

Light up the night with lots of glitter, sequins and style. These dressed-up sweaters come in a wide selection of elegant colors and electric patterns and are sure to make you one of the season's brightest stars. All under $23.

Available at USA Kmart stores.

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The Saving Place

The MILLION-DOLLAR BABY nobody wants



...tinued) to teach Patty ABCs. Of course, they ...o with her homework. ...w do you spell 'Patty'?" ...ra asks the little girl, for ...om speech is possible ...y when the air from her ...irator moves across her ...al cords. Slowly and with ...tle coaching from De-..., P-A-T-T-Y makes its ...r from the four-year-old. ...n the little girl almost ...wls with satisfaction.

"Isn't she something ...?" Debra asks, laughing. "...don't know how to de-...be it. She's just like my own. I try to ...lain it to my friends and my parents. ...t the same reaction—'Why is she so ...cial?' Some people even say, 'Why ...sn't someone just unplug her ventila-...?' But she's a little girl who smiles at ... and responds to me, not as a nurse ... as a friend.

"When people meet her they under-...nd," Debra continues. "Their notion ...t she's a vegetable just lying in bed ...appears. You see her as a lovable ...r-year-old. She's just asking for love. ...here could be an angel in disguise, I ...ess she's it."

Bernie McDermott realized just how ...ached she was to Patty one evening ...ring the summer of the little girl's ...rd year. Somehow, the respirator ...alfunctioned, and Patty was without ...ygen for about forty-five seconds—...g enough to suffer a major cardiac ...est. The little girl survived, but she temporarily lost her ability to speak.

"After that episode," Bernie explains, "Patty didn't sleep for three days. She just stared off into space. It was like she was scared, like we'd let her down. We all lost it around here."

The nurses' affection for Patty was particularly evident on a special night recently, when nurses and respiratory therapists donated their time to roll her and all her equipment to an arena across the street to see an ice show featuring Mickey Mouse.

When they arrived, Mickey flirted shamelessly with Patty. No slouch herself when it comes to a little innocent flirtation, young Patty batted her long eyelashes furiously. She generously kissed the air, aiming her barrage of love in Mickey's direction.

But the big moment arrived when a cartoon-character band began playing. Children in the audience clapped to the music. And for an instant, Patty was one of them. She couldn't clap, but her head bopped to the rhythm. Her mouth moved up and down, pounding out the beat. Her feet may not have tapped, her arms may not have swung, but nobody will ever dance harder than Patty Carnes did that special night.



...I SEE HER BRIGHT ...ACE, AND I DON'T ...NOW WHETHER TO ...UG HER OR TO CRY"

It is this hint of normalcy that is the heart of nurse Debra Wilson's hopes for Patty. More than anything, the group of godmothers who look after Patty want to find her a home where someone will love her and care for her. "If I weren't single and I had the money, I'd take her in a second," says Debra Wilson. "Patty needs to feel what it's like to be loved and wanted. Even if she lived just two months after she left the hospital, as long as it was with a family who *(continued on page 205)*



THE MOST COMPLETE NIGHTTIME COLD MEDICINE JUST FOR CHILDREN

Only St. Joseph® Nighttime Cold Medicine provides your child with four-ingredient relief: a decongestant, an antihistamine, a cough suppressant and an analgesic.* So nighttime colds turn into sweet dreams.

Use as directed.

*Contac Jr.®, Children's Co-Tylenol®, Pediacare™ #3 only have three ingredients.



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THE CHEATER'S DIET

Yes, you can have that second helping. Here's a diet that will help you slim down and still enjoy the holidays



Tohru Nakamura

Trying to stick to a diet during the holiday season is enough to turn anybody into a Scrooge. How can you possibly get into the Christmas spirit if you have to pass up all the seasonal goodies? Yet giving in to temptation often means starting the new year with extra pounds.

But there *is* a way to lose weight and still enjoy holiday dinners and parties. It's called the Cheater's Diet, and it's based on a diet program developed by Eleanor Brown, the nutritionist for the Ojai Spa in California (where Barbra Streisand, Mary Tyler Moore and Shari Belafonte-Harper stay in shape). The Cheater's Diet is a common-sense plan that guarantees you will lose at least two pounds a week—a total of eight to ten pounds between now and Christmas. Here's how it works:

For the next four weeks, limit yourself to 1,500 calories a day; you'll probably have to cut only about 500 calories from what you normally eat. Use the sample menu on page 61 as a guideline. You'll also need to burn another 500 calories each day by making trade-offs—exchanging lazy habits for activities that burn calories.

THE TRADE-OFFS

It takes some extra effort to eat less and make trade-offs during this time of year, when visions of sugarplums (and other sweets) dance in your head, and there seems to be little time for exercise. But we've adapted the Cheater's Diet to make it especially appropriate for the holidays. Here are some trade-offs you can make even in the midst of the festive bustle.

You probably spend most of your day sitting—at your desk, watching TV, talking on the phone—and while you sit, so do the calories. But activity of any kind increases your metabolic rate so you burn calories—a process that continues even after you stop your activity. The more strenuous the activity, the more calories you'll burn. That doesn't mean you have to run a marathon. You can burn extra calories by walking from store to store carrying packages as you do your Christmas shopping. Here, hints for turning an afternoon of shopping into an afternoon of calorie burning:

- If the weather's good, and there's a mall nearby, set off on foot—a fifteen-minute one-mile walk burns 100 calories.
- If you do drive, park at the end of the lot (or, if possible, even a block or so away) and walk to the stores.
- Spend an afternoon window-shopping downtown. While you're enjoying the sights of the holidays, treat yourself to some roasted chestnuts. They're only about twelve calories each! (Turn the page for more slimming trade-offs. Remember, you need to burn 500 calories each day.)

By Sherry Suib Cohen

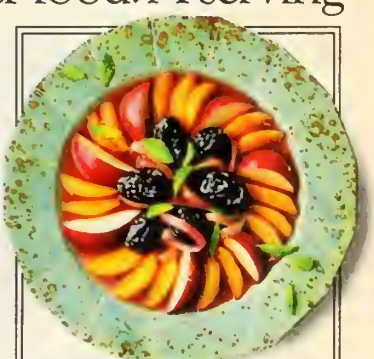
Fiber doesn't have to taste ike you're eating this magazine.



If you want more fiber in your diet, and you want it to taste ood, just have some California prunes. Because prunes have more etary fiber, ounce-for-ounce, than almost any other food. A serving f six prunes has more fiber than two bowls of bran akes.* Prunes are also a good source of vitamin A nd potassium. With no fat, no cholesterol and al- most no sodium.

But while you might start eating them for their utrients, you'll keep eating them for their taste. ecause prunes are a spoonful of natural sweetness.

Which solves the main problem you have with ber. Because a lot of high fiber foods taste like the box they came in.



One way to serve your family prunes is in a fruit salad. You'll find more helpful serving suggestions in our free brochure. For your copy, write to Prunes Ideas, P.O. Box 882168, San Francisco, CA 94188-2168.

Prunes. The high fiber fruit.

pproximately 2/3 cup per serving.
California Prune Board 1987

CALORIE-BURNING ACTIVITIES

FAT HABITS	CALORIES
1 hour watching TV	80
Half hour reading	40
1 hour baking cookies for your kids	120
30 minutes napping	30
1 hour chatting with friends on the phone	80
Taking a department-store elevator	10
90 minutes at the movies	120
Half hour preparty bath	40
15 minutes sitting at a party	20
1 hour watching the snow fall	80

TRADE FOR	CALORIES
1 hour Christmas caroling	180
Half hour hanging decorations	170
1 hour helping the kids build a snowman	350
30 minutes taking a brisk walk	200
1 hour Christmas shopping with friends	300
Walking up and down three flights stairs	75
90 minutes ice-skating	450
Half hour preparty cleaning spree	150
15 minutes dancing at a party	150
1 hour sledding	240



Photos, left to right: Roy Morsch, Michael Philip Manheim, Roy Morsch, Gabe Palmer; all, The Stock Market

We Have A Lot



SEE 'N SAY® "The Farmer Says" Mattel Preschool's See 'N Say toys grow right along with your child. Starting with 12 familiar animal sounds for toddlers 18 months and up. With a big ring and short string, for easy pulling.



SEE 'N SAY "The F Says" For promising scholars 2 years and up, learning the al- phabet has never been more colorfu more rewarding, more fun.

THE DIET

With the Cheater's Diet you can feel free to experiment when planning meals during the week as long as you stay within the allotted 1,500 calories a day. The following week of menus provides about 1,360 calories each day, so you have another 140 calories to use for a small snack—even a Christmas cookie—when you get hungry.

BREAKFAST (up to 160 calories)

Choose from:

1 1 egg (80 calories) and 1 small banana bran muffin (75 calories)

---

2 ½ cup nonfat yogurt mixed with ¼ cup fresh fruit (90 calories) and 1 small bran muffin (70 calories)

---

3 ½ cup oatmeal mixed with ¼ cup chopped apple, ½ ounce raisins and ¼ cup skim milk (110 calories)

LUNCH (up to 500 calories)

Start with a cup of vegetable soup (about 75 calories), then have a salad (2 cups of raw vegetables and salad greens mixed with 1 tablespoon low-cal dressing has 200 calories). Finally, choose between a tuna, chicken or turkey (without skin) sandwich on whole grain bread.

DINNER (all around 700 calories)

Day 1 Shrimp salad (½ cup chopped cabbage, ½ cup chopped hard-boiled egg, 1 cup chopped shrimp. Mix with 1½ Tb. low-cal mayonnaise), 2 cups steamed vegetables, small baked potato, small baked apple

Day 2 Green salad, poached or broiled fish (about 6 oz.), ½ cup broccoli, ½ cup long-grain rice, ½ cup fresh fruit sorbet

Day 3 Salad, cup of lentil soup, 4 oz. broiled veal chop, 1 cup pureed cauliflower, carrots or yams, 1 slice whole wheat bread with low-cal butter, baked apple

Day 4 1 cup spinach salad, turkey loaf (use your favorite meat loaf recipe but instead of ground beef, use 3½ oz. of ground turkey), artichoke with lemon sauce, medium baked potato with 1 Tb. low-cal sour cream, 1 cup fresh strawberries or raspberries

Day 5 Macaroni and cheese casserole (Preheat oven to 350°F. Coat a 1½-quart casserole dish with vegetable spray. Combine 6 oz. cooked macaroni, 3 cups low-fat cottage cheese, 2 teaspoons fresh chopped dill, 2 teaspoons chopped chives, salt and freshly ground pepper. Sprinkle 3 oz. low-fat Cheddar cheese on top. Bake uncovered for 40–45 minutes. Makes 6 servings, 235 calories each), ½ cup green bean and tomato salad, whole grain roll, 1 cup sliced banana, orange and grapes

Day 6 ¾ cup sliced cucumber, onions and snips of parsley mixed in ¼ cup low-cal vinaigrette (½ cup rice vinegar, 1 tsp. honey, dash of Dijon mustard powder), 4 oz. baked chicken, green pepper rings, jelled orange juice with fresh fruit

Day 7 1 cup vegetable soup, ½ cup cauliflower and carrots steamed in orange juice, 6 oz. broiled fish of choice, baked potato with cottage cheese and chives, a red cabbage leaf, pear poached in apple juice ▶

To Talk About.



SEE 'N SAY "Spelling Fun-Damentals™" Preschoolers 2½ years and up can learn 14 new, different and fun words just by seeing, hearing, saying . . . and then spelling them.

SEE 'N SAY "Safe 'N Sound™" It's a good idea for kids 2½ years and up to know and understand some important lessons in home and outdoor safety. Here's how to make the learning fun.

MATTEL® Preschool

Each sold separately.
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How to survive CHRISTMAS WEEK

Even the most determined dieter will have trouble losing another two pounds during the week between Christmas and New Year's. So instead of even trying, switch to the maintenance portion of the Cheater's Diet. You're allowed an extra 500 calories a day, for a daily total of 2,000 calories. See the chart at right for some special holiday food trade-offs that will help you to save hundreds of calories.

Here, more tips for the last week of the year:

- Even if your family doesn't do the same, try spreading the holiday feast over several meals. Have a light breakfast Christmas morning, then the salad and appetizer portion of the holiday meal around 1 P.M. Eat the main course with your family around 4 P.M.; save dessert until the early evening. Between courses, take a walk with the family.
- Be creative in preparing holiday meals even while you're cutting calories. For example, try thickening gravy with cornstarch instead of flour. Or make a low-cal cranberry relish.
- Don't drink too much alcohol at parties. Sip slowly and make every other drink mineral water. Overindulging will make you careless about how much you've eaten. And drinks add calories as well.
- Have a few whole-grain crackers or some fruit before you go to a party, so you won't feel the urge to stuff yourself at the buffet table.

PLYMOUTH
THE PRIDE'S
INSIDE.

AMERICA, COMPARE.

	RELIANT AMERICA	FORD TEMPO	CHEVY CORSICA	TOYOTA CAMRY	NISSAN STANZA
BASE STICKER PRICE*	$6,995	$8,310	$8,995	$10,798	$10,949
PRICE DIFFERENTIAL		+$1,315	+$2,000	+$3,803	+$3,954

Pride made Plymouth Reliant America the best value in its class.** The 1988 front-wheel drive Reliant America has more standard equipment than last year's base model, and we've lowered the price saving you $1,369. For just $6,995 it comes completely equipped with a fuel-injected 2.2 engine, power brakes, intermittent wipers, electronic digital radio, premium cloth interior, stainless steel exhaust and 39 more standard features. Plus a 7-year or 70,000-mile Protection Plan you don't get from the competition.†

Plymouth Reliant America. Available in a 2-door, 4-door or wagon. The Pride's Inside. Before You're Inside.

*Excluding title, taxes and destination charges. 1988 Reliant pricing vs. latest available 1987 competitive pricing. **Sticker price comparison of comparably equipped 1987 competitive compacts. †Protects engine and powertrain for 7 years or 70,000 miles and against outer body rust-through for 7 years or 100,000 miles. See limited warranty at dealer. Restrictions apply. BUCKLE UP FOR SAFETY.

SMART HOLIDAY FOOD CHOICES

FATTENING FOOD	CALORIES
Eggnog (4 oz., with alcohol)	240
Claret wine (4 oz.)	109
Wine spritzer (2 oz. wine, 2 oz. seltzer)	43
Martini (3½ oz.)	140
Bloody Mary (6 fl. oz.)	100
Lager beer (12 oz.)	150
Hot chocolate	240
Dark meat turkey with skin (3½ oz.)	182
Light meat turkey with skin (3½ oz.)	164
Candied sweet potato (4 oz.)	189
Au gratin potatoes (½ cup)	177
Hard salami (1 oz.)	130
Dry roasted nuts (1 oz.)	160
Pecan pie (⅛ of a 9″ pie)	495
1 scoop vanilla ice cream	268
Slice of cheesecake	281
Chocolate chip cookie	80
Gingerbread (3″x3″x2″ slice)	370
Brownie (2″x2″)	145
5 potato chips with sour cream dip	210
Apple cider (6 oz.)	90
1 cup salted popcorn with 1 Tb. butter	154
1 oz. peanut brittle	120
2 pretzel twists	125

TRADE FOR	CALORIES
Eggnog (4 oz., nonalcoholic)	160
Champagne (4 oz.)	84
Seltzer	0
Dry vermouth (3½ oz.)	116
Tomato juice (6 fl. oz.)	35
Light beer (calories vary)	70–130
Flavored coffee (6 oz. instant)	59
Dark meat turkey without skin (3½ oz.)	162
Light meat turkey without skin (3½ oz.)	140
Baked sweet potato (4 oz.)	158
Mashed potatoes (½ cup)	92
1 Swedish meatball	52
Brie (1 oz.)	101
Fruitcake (2 oz. slice)	217
2 homemade sugar cookies	180
Slice of apple or banana bread	150
Graham cracker (sugar-honey coated)	15
2 gingersnaps	60
Chocolate-covered mint (1½″)	45
5 raw vegetables with yogurt dip	69
1 medium apple	61
1 cup plain popcorn	54
1 piece hard candy	30
4 carrot sticks	40

RELIANT AMERICA
$6,995



33 EPA est. highway MPG, 25 EPA est. city MPG.

Plymouth 7/70
Division of Chrysler Motors

IF YOU'RE
NOT BRAVE
ENOUGH
TO WEAR
THIS...

WEAR THIS.



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Here's to the men we can lean on.
To the men we believe in.
To the men who are building our world.
Men of Iron.





Iron cologne. Never stronger than the man who wears it.

PARENTS' JOURNAL

By Mary Mohler and Margery D. Rosen



Skatemobiles by Galoob

the 10 best gift ideas under $10

Sure, you can spend big bucks for a child's present. But you don't have to

■ Newborn to toddler

Bells are ringing Soft, colorful bootees rattle when baby moves. (Jammie Pies Foot Jingles from Playskool, $6)

Hands on Brilliantly colored velour hand puppets start off as baby's first friends, do justice to any preschooler's puppet shows. (Loonie Birds from The Manhattan Toy Co., Ltd., $9)

Sew nice Make your own gifts—stuffed felt dinosaurs, furry animals and, while you're at it, how about clothes for Barbie and Ken? (Pattern kits from Simplicity and Butterick, available at sewing or fabric stores, about $5)

■ Preschoolers

The year of the mini Miniature versions of old favorites now do double duty. Puffling Popples reveal a riddle inside (Mattel, $7.25); Pound Puppies Watch Pups tell time (Tonka, $9.95); Wrinkles Finger Puppets look just like the grown-up version. (Coleco, $10)

Coasting along Skatemobiles, in sturdy plastic with Velcro closings, play a dual role: Outdoors, they're roller skates; indoors, sleek Corvettes or mighty trucks. (Galoob, $9.95)

Move over, Julia Child The Party Time Dessert Set, complete with pretend cupcakes, ice cream, cake tins and plates, keeps junior chefs busy for hours. (Fisher-Price, $9.99)

Master builders Little town planners and architects create cottages and neighborhoods with crepe foam rubber pieces. (Lauriland Puzzle Playsets, under $10)

■ School-age to ten years

Inquiring minds want to know... how to make a doorbell, a microscope, a thermometer . . . find out about these and other intriguing projects in this unique series. Join the club and get a science update each month. (Science in a Suitcase, Small World Toys, $6.50)

Day by day The word for New Year's Day is *euphoria*. Kids learn how to spell it, define it and use it in a sentence—plus a new word for each day of the year—on the Shoelace Calendars. There's a calendar for history buffs, too. (Workman Publishing, $7.95 each)

Don't leave home without it Long trips or rainy days can be manageable and fun, thanks to travel-size games that challenge the memory. Fruit Basket and Heads and Tails are just two of the twelve fast-paced games in this series. An added bonus: These games won't drive grownups crazy. (Bring-Along Games, Ravensberger, $7.50 each)

Mother's MOMENTS

Nonsexist toys? Forget it. When it comes to playthings, boys will be boys and girls will be girls

BY DAVA SOBEL

The first item on my Christmas list—written in by my daughter last August—is a Tropical Miko Barbie Doll. This will be my daughter's tenth Barbie—including the six she received from classmates at her recent birthday party. They all coexist happily in her room alongside her Jem dolls, My Little Ponies and Puffalumps. I select a Barbie, then move down the aisle of the toy store, crossing the demilitarized zone into the land of Rambo, GI Joe, He-Man and Thundercats. For this is where my son's passions lie.

I certainly never pictured my children this way—the girl in pink, the boy in the dust, the lines already drawn for the battle of the sexes. I assumed, and my liberated husband agreed, that our daughter would naturally play with trucks, our son with dolls, if they were free to do so. And it was up to us, as parents, to provide them with options.

Something to think about:
Teenage boys are more likely to equate success with money. Only 48 percent of boys strongly agree that "money can't buy happiness," compared to 63 percent of teenage girls.
—Teenage Research Unlimited

Now I'm a mother, and I know better.

I am struck almost daily by Zoë's astounding femininity. If, as some would argue, she learned her girlish ways instead of being born with them, as I now believe, she certainly didn't learn them from me. She never touched *(continued)*

WHEN HE ASKS FOR LEVI'S® JEANS, MAYBE HE'S NOT BEING AS SENSIBLE AS YOU THINK.



He asks for a pair of Levi's jeans.

And you think, at last!—he's finally appreciating quality, durability and outstanding value.

While he thinks, "I knew she'd think that."

Because the truth is, Levi's jeans have become the most popular brand with boys today, bar none.

They simply love wearing them.

Which means they're not above saying *anything* to get you to buy them a pair.

Even the truth.

LEVI'S

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(continued) the truck my mother bought for her first birthday, and she was always drawn to tiny, fragile things, which she could be trusted to hold without breaking.

Isaac doesn't share his sister's delicate touch. When he wanted to join us in the kitchen, I set up a second stepladder at the counter and tried to give him the duties his sister had had at his age. Only Zoë could crack eggs perfectly before she was two. Isaac's idea of opening an egg was to hurl it at the bowl or squeeze it in his fist until the contents erupted like lava.

When Zoë leaves the house, she goes empty-handed, on the assumption, I presume, that something better than anything she yet has will come her way—precisely the way I feel whenever I go shopping. My son, however, rarely goes anywhere without a plastic He-Man clutched in his fist. The figure is part companion, like a doll. But his superhero is also a gun to fire out the car window at enemy attackers.



Lilla Rogers

My husband eagerly but patiently attempts to teach our daughter to pitch a softball, shoot a basket, enjoy a simple game of catch, though she shows scant interest.

Isaac, of course, needs no invitation to throw a ball—or anything else for that matter. As we watch his little arm wind up to heave his spoon into the trash basket, we laugh at ourselves for ever thinking our children would come to us as blank slates on which we could write in as much masculinity or femininity as we saw fit.

To be sure, we will show our daughter that she can turn her fine hand to architecture or aerospace engineering. And we'll help our son channel his physical exuberance. But that won't close the age-old chasm that separates boys from girls. And when you think about it, why would we want it to?

What's in a name?

The top baby names according to region are:

Midwest—Katherine and Ryan
Northeast—Haley and Matthew
West—Nicole and Brandon
South—Jessica and Robert

—Gerber Products Company



Martin Benjamin/Black Star

Mimi Mika



Larry Evans/Black Star

Phyllis Chen



Mike Steinberg/Black Star

Mary Louise Russo

HOW WOULD YOU HANDLE IT

What do you do when your child asks that inevitable question, "Is there really a Santa Claus?"

■ Mimi Mika, 40, Schenectady, NY, three children, 16, 14, 9

With each of our children, we never came right out and said, "There is no Santa Claus." We told them instead that Santa was a spirit, and we talked a lot about the special magic of believing. Each Christmas we would tell the story of the real Saint Nicholas and explain how the spirit of Santo keeps that love and kindness alive. And if they said, well, so-and-so doesn't believe in Santa, we would just soy, that's fine; what matters is what you believe.

■ Phyllis Chen, 35, technical editor, Glen Ellyn, IL, three children, 6, 4 and six months

I think Santa should be approached in the same way as any imaginary figure: Grown-ups shouldn't do anything to make him seem too real, but because children need to pretend, they shouldn't belittle the fantasies either. To dismiss the Santa Claus story os unreol denies kids port of the fun of the holidoy, so I try to convey to my kids thot something doesn't have to be real for us to enjoy it. Thus whether Santa is real becomes a nonissue.

■ Mary Louise Russo, 40, Akron, OH, three children, 14, 9, 6

When my oldest child first started to wonder, we would kid him about it. "Are you sure Sonta isn't real?" we'd question back with a smile. Once he clearly knew the truth, however, we took him into our confidence and enlisted his aid in keeping the mystery alive for the younger kids. Now the older boys help set up the tree and ready the presents so their sister, who still believes, can see what Santa brought. They feel special—and grown-up—to be able to help out like that.

Be part of our panel and share your parenting expertise: Send your name, address, age, phone number and a brief description of your family (number and age of kids) to Parents' Journal, Ladies' Home Journal, 100 Park Avenue, New York, NY 10017. We'll keep the information on file and call a few of you each month with a question.



It can help their grades, grade after grade after grade.

TI's Speak and Math can help kids do better in math because its three challenging levels of activities let them learn at their own pace.

More and more parents are discovering that better math grades start with one simple addition: Texas Instruments Speak & Math.

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So pick up a Speak & Math for your kids today. Then discover how much better report cards can be. *And to help your pre-schooler prepare for school, try Texas Instruments Touch & Tell.*

TEXAS INSTRUMENTS

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HELP a holiday SURVIVAL MANUAL

Smart solutions to problems everyone has

Your parents' house—or his?

How to end the tug-of-war

Christmas Eve

NOON After a frantic morning of last-minute shopping, you load the car with kids and presents and drive two hours west, to your in-laws' house.

2:00 P.M. You spend all afternoon helping your mother-in-law fix an enormous Christmas Eve dinner.

5:00 P.M. Prodded by your mother-in-law ("That's not all you're going to eat, is it?"), you gulp down more food than a battalion of famished soldiers.

7:00 P.M. You help clean up, including hand washing and drying the crystal and scrubbing the roasting pan.

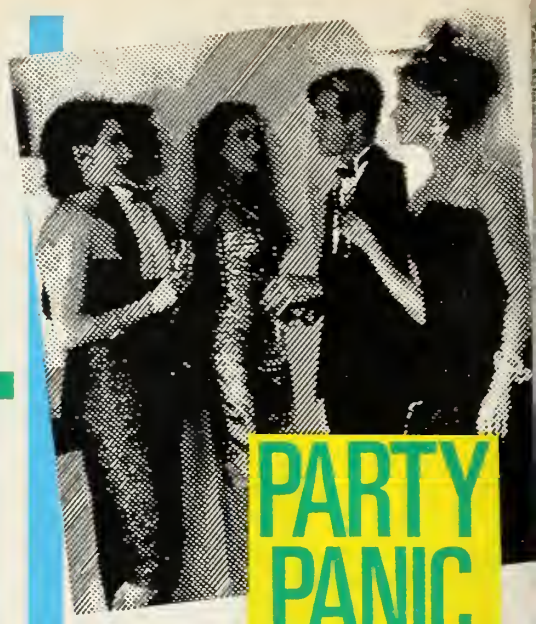
8:00 P.M. Everybody opens presents. Your mother-in-law mentions every fifteen minutes that it's a shame all of you couldn't spend the whole holiday together, but she supposes that (sigh) Christmas Eve is better than nothing.



11:00 P.M. You drive two hours back to your house.

(continued)

Excerpted from DO YOUR PARENTS DRIVE YOU CRAZY? A SURVIVAL GUIDE FOR ADULT CHILDREN, by Janet L. Dight. Copyright © 1987 by Janet L. Dight. To be published by Prentice Hall Press, a division of Simon & Schuster.

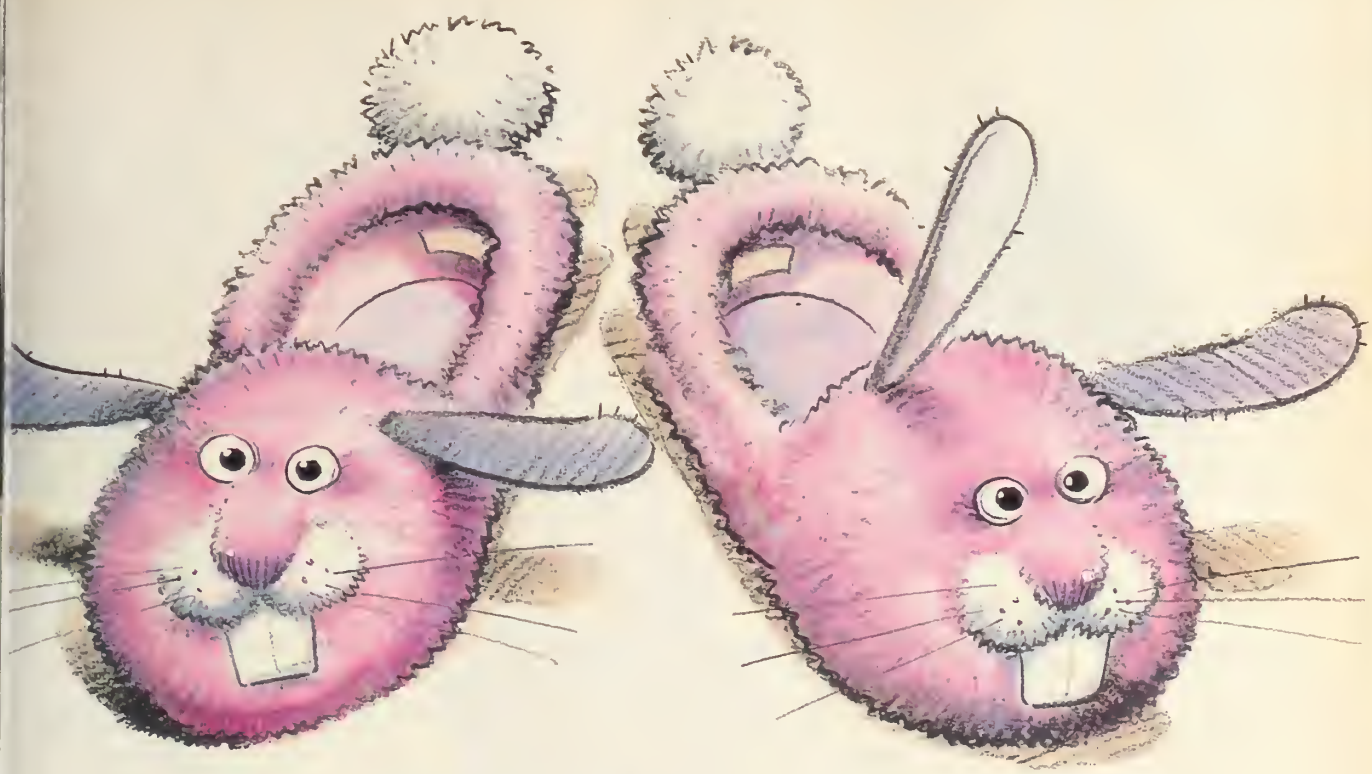


PARTY PANIC

Ten tips to get you through the night

Wha likes ta walk into a roam full af revelers knawing only a few af the other guests—or worse, none at all? If yau're shy, o lorge, noisy holiday party probably makes you yearn ta be hame watching an ald mavie an televisian. What can yau da ta overcome the jitters?

- Remind yourself that nervausness is narmal; most of the ather guests are just as nervous as yau.
- Keep your expectatians realistic. This is just o porty, so set a reasonable goal—say, having interesting conversations with a few peaple, instead of feeling as if yau have ta meet everybody in the roam.
- Weor something you love, something thot's garnered compliments in the past. If you feel goad about the way yau loak, yau'll be able to carry that canfidence with you.
- If yau and yaur husband arrive and con't find your host, look oround to see if anyane else seems ta be in the same pasitian as yau. Between the twa af yau, yau will probably recagnize samebody, even if yau dan't knaw his name. Feel tongue-tied? Just say hella and intraduce yaurself. Most likely, the person will be very appraachable—and grateful that you made the effort.
- If you must break inta an established graup, avaid tight cliques whase members seem to be engaged in a close, heated discussian. Laok instead far *(cantinued an page 76)*



The Rabbits Died.

Now you and your old fuzzy bunnies can, you might say, rest in peace.

Because there's a much better way to keep your feet, and the rest of you, warm and cozy.

It's the P.M. Personal Monitoring System. An extraordinary system of body responsive heat found only in Sunbeam P.M. System automatic blankets, BedWarmer mattress pads and portable throws. If your feet are cold, the P.M. System knows. It automatically senses and responds to changes in body, bed and room temperatures. Sending more warmth where it's needed. Less where it isn't. That's why the P.M. System is said to have a "brain."

In the bedroom, these "Blankets and BedWarmers with a Brain" provide comfortable warmth all night long. They even prewarm your bed so you never have to climb into cold sheets.



P.M. System Blanket

And to keep you warm anywhere else around the house, try the new Cuddle-Up Heated Throw. It's as versatile and cuddly as an afghan, but unique because you can select your own level of warmth.



Cuddle-Up Heated Throw

All P.M. System products are soft, warm and completely washable. They are made to be cuddled up with, sat on, tucked in and wrapped around you while still maintaining perfectly balanced warmth.



P.M. System BedWarmer

So, if you want to stay warm and comfortable, in and out of the bedroom, hop to it and ask for the Sunbeam P.M. System. It will be the end of cold feet. And the beginning of overall personalized comfort.

Sunbeam

For more information, write Sunbeam P.M. System, P.O. Box 59266, Chicago, IL 60659. ®Sunbeam, Blanket with a Brain. ™BedWarmer, Cuddle-Up, P.M. Personal Monitoring. Manufactured by Northern Electric Company. ©1987 Northern Electric Company.

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The lightest style of Slim

6 mg "tar," 0.5 mg nicotine av. per cigarette by FTC me

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a holiday SURVIVAL MANUAL

hristmas Day

)O A.M. You stagger to the shower, load the kids and the
r half of the presents into the car and
to your parents' house—
hours east of yours.



)O A.M. You eat a huge breakfast of scrambled eggs,
, bacon, ham, sausage, three cheese danish, hash browns,
compote and coffee, all of which your mother has had ready
since seven o'clock ("You said you were coming
early, didn't you?"). As you eat, your
mother mentions every fifteen minutes
that it's a shame all of you couldn't
d more of the holiday together, but she supposes that (sigh)
tmas Day is better than nothing. Everybody opens presents.



)ON You spend all afternoon helping your mother fix an
mous Christmas dinner.

)O P.M. You stuff yourself again as your mother exclaims,
it's not all you're going to eat, is it?" You help your mother
n up, then load kids and gifts into the car and drive two hours
to your house.

OO P.M. As you unload the car and
the sleeping kids upstairs, one
hem wakes up and mumbles,



"How come we never get to spend Christmas at our house?" In your cheeriest holiday voice you say, "Shut up."

On the road again

It's a holiday Catch-22, and everyone faces it in one form or another: If you decide to spend the holidays at your own house, your parents are unhappy because you're not with them. If you do spend the holidays with them, they aren't happy because you don't stay long enough. And if you split your time between your parents and your spouse's, everyone's insulted.

So year after year, you all battle it out. Tensions mount, tempers flare. And the season that is supposed to be merry becomes a clash between traditions and a power struggle of sorts: Who loves whom best?

Rationally, of course, neither your parents nor your in-laws want the holidays to be like this. And they will most certainly deny that they are pressuring you should you bring up the subject. Emotionally, however, it's difficult for parents to accept that you must share your love—not to mention your time—with others.

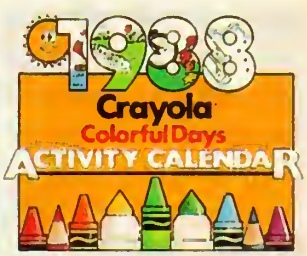
Indeed, most parents believe that *their* nuclear family is the only family that counts. That you are an adult with a family of your own—well, they don't really want to hear about it. As far as your parents are concerned, that your spouse has his own parents ▶



reative Stuffing

Crayola® It's a great recipe for Happy Holidays.
yola crayons, markers and colored pencils.
They're more than fun on Christmas Day.
ey give children creative pleasure all year long.

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Every child's camera of life.



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Enclose: A $1.00 check ar money order payable ta Croyala Holiday Offer (far postage and handling) PLUS the UPC symbols fram any 2 Crayala crayan ar calored pencil baxes ar any 1 Croyala marker box.

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Holidays & Jarlsberg



It's time for friends and greens and entertaining. Non-stop snacking and hors d'oeuvres. So be sure to have plenty of mild imported Jarlsberg cheese on hand. Pick up an extra wedge this weekend. And have a happy holiday season!

Jarlsberg makes it specia

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who might want to see him and you over the holidays is so irrelevant as to be not worth mentioning. That you even *have* in-laws is to them, at best, an irritation and an inconvenience. Furthermore, that your spouse might actually want to spend time with his parents instead of with yours shows just how thoroughly inconsiderate he is! Naturally, your spouse's parents feel exactly the same way about you.

Can you ever win? Yes. However, if you prefer to spend your holidays at home instead of on the interstate, you must realize that sometimes it's okay to be a little selfish, to put your loyalty to your family—yourself, your spouse, your children—first.

That means you'll have to overcome past conditioning—not an easy task. You'll have to learn to determine what *you* really want to do, then muster up the courage to explain to your parents what you have decided. You'll also have to dodge the inevitable remarks ("Aren't you being a little selfish?" "We *always* celebrate the holidays together.") and hurt looks. And of course you will have to stop second- and third-guessing yourself, then feeling guilty about what you have wrought. But keep in mind that though your parents want you to believe you have the power to totally ruin their holidays, this is not true. Everyone will survive—and be the happier—when families learn to respect one another's needs. For some guidelines, see box at right.

a holiday SURVIVAL MANUAL

Beating the odds

It's a difficult time—psychologists have long noted that holidays o trigger family squabbles. But with a little planning, a little assertion and a pinch of finesse, you can pull it all together and ha very Merry Christmas. Herewith, a few pointers for you.

1. ***Say no to emotional blackmail*** Christmas may be the most important time of year for your father (as your mo reminds you on a weekly basis, starting around July 4), but he'll get over it if you don't go home. Don't stew abou
2. ***Once you make a decision, stick with it*** Announce your plans to both sets of parents, and tell them you really w change your mind unless something extraordinary comes
3. ***Stay put if possible*** If you hove children, it's probobly best for them not to roam the countryside like a pock of gypsies. The most sensible plan, of course, is to hove everyone at your house. While this involves much more w and planning, it may be worth it: You'll at least eliminat the stress of having to soothe wounded feelings as you r from one house to another with cranky kids in tow.
4. ***Try the equal-time rule*** Instead of juggling a split shift on each holiday, suggest that you spend Thanksgiving wi one set of parents, Christmas or Passover with the other Alternate this schedule every year.
5. ***Do it together*** If family members live neorby, try to celebrate the holidays en masse. Whose house is the biggest? Have everybody gather there, and ask each person to bring a portion of the meal as well as to be responsible for handling a specific clean-up task.
6. ***Learn from the past*** Promise yourself now that you won put your own children through this emotional tug-of-war

The 25 most talked about gifts of '87



Black & Decker products are so unique and special, they're not just given and enjoyed, they're talked about, too.

Dustbuster XL™ cordless vac
This new, lightweight vacuum will keep high-traffic areas looking good. So don't hassle with the bothersome cord of the heavy vac, use your Dustbuster XL.™ With a retractable handle, it's easy to store.







Dustbuster® Power Brush cordless vac
Everyone could use this gift. With its powerful two-motor system and rotating brush, you can vacuum carpeted stairs and upholstery fast. It picks up where the big vac leaves off.



Dustbuster Plus™ cordless vac
Now you can clean up messy spills like cereal, potting soil and kitty litter in seconds. The Dustbuster Plus™ is powerful, lightweight and cordless too.

Full 2 Year WARRANTY

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Spacemaker™
Toast-R-Oven™ broiler
You name it, it broils, bakes, toasts, browns and defrosts. Mounts above the counter to free cabinet space.

Spacemaker™
drip coffeemaker
This 10-cup coffeemaker saves counter space. Automatic brew feature lets you wake up to freshly brewed coffee.



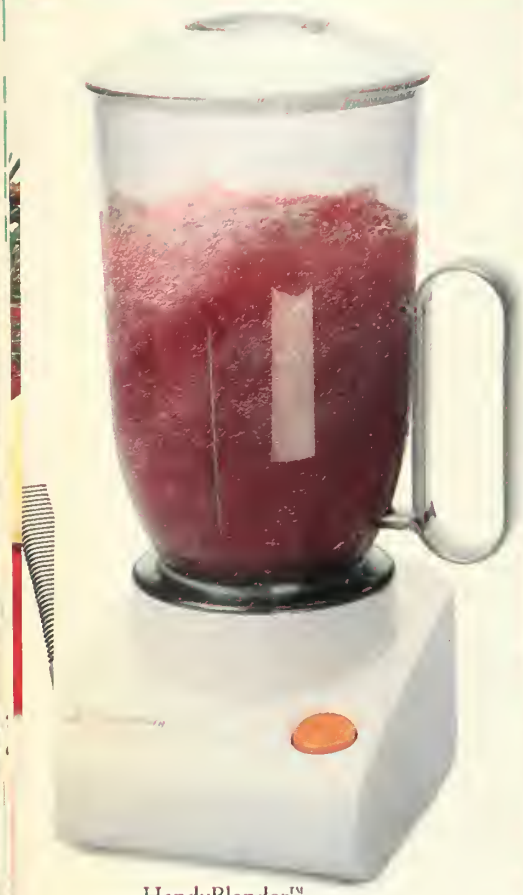


Spacemaker™ Popcorn Center
Your friends will love this gift. Because it mounts above the counter, they can pop great-tasting popcorn at a whim.

Spacemaker™ Can Opener
This can opener not only opens cans, bottles and bags, but opens up counter space too.



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HandyBlender™
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This new compact blender will mix drinks, blend sauces and chop ice anywhere in your kitchen. It's portable because it's rechargeable and cordless, so you can use it anywhere.



HandyOpener™
cordless can opener
This can opener automatically "walks around" lid to open almost any can by itself, leaving your hands free.





HandyMixer™
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The unbeatable gift you can use every day. Storage base provides easy access to all 4 attachments for whipping, beating, mixing and stirring.

"I gave her just what she wanted, an extra hand in the kitchen."



HandyChopper™
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The gift that will make every recipe easier. Whether you're mincing or chopping, you won't want to be without it. It chops onions, other vegetables and herbs easily and fast.

Full 2 Year WARRANTY

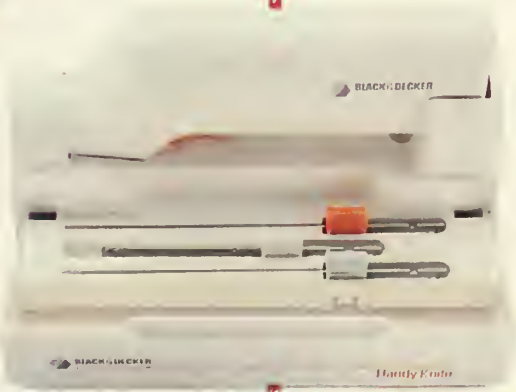
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Toast-R-Oven™ broiler
A great way to heat pizza, toast sandwiches and bake Christmas cookies in a snap.



Automatic Shut-Off™ coffeemaker
Endorsed by the National Fire Safety Council. This gift will have your coffee ready when you want, and shut itself off if you forget.



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Something new to make your life a little easier. It has 3 attachment blades so you can cut uniform slices and peel effortlessly.





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It's easy to love this compact food processor because it does everyday slicing, chopping and shredding evenly and easily.

"Let's take each morning one cup at a time."



Cup-At-A-Time™ drip coffeemaker
Now get a full mug of freshly brewed coffee with the convenience of instant. Automatically shuts itself off.

Flamebuster™
silencer smoke alarm
This new smoke alarm has a special False Alarm Silencer Button that quickly stops the alarm caused by cooking, without stopping the protection.





Flamebuster™
kitchen fire extinguisher
The powerful fire extinguisher that's so good-looking you'll want to hang it in your kitchen. Uses Halon gas that puts out grease and small trash-can fires in seconds. Up to 10 year's storage life.



"That's what I like, a woman who really knows how to protect her man."

Flamebuster™
utility fire extinguisher
This fire extinguisher can store up to 10 years. Premium blend Halon gas puts out fires in your car and workshop.





SpotLiter™
rechargeable lantern
What a great gift for all of us who forget where we left the flashlight. The SpotLiter™ recharges in its storage base. I always easy to find, so you'll never be in the dark.

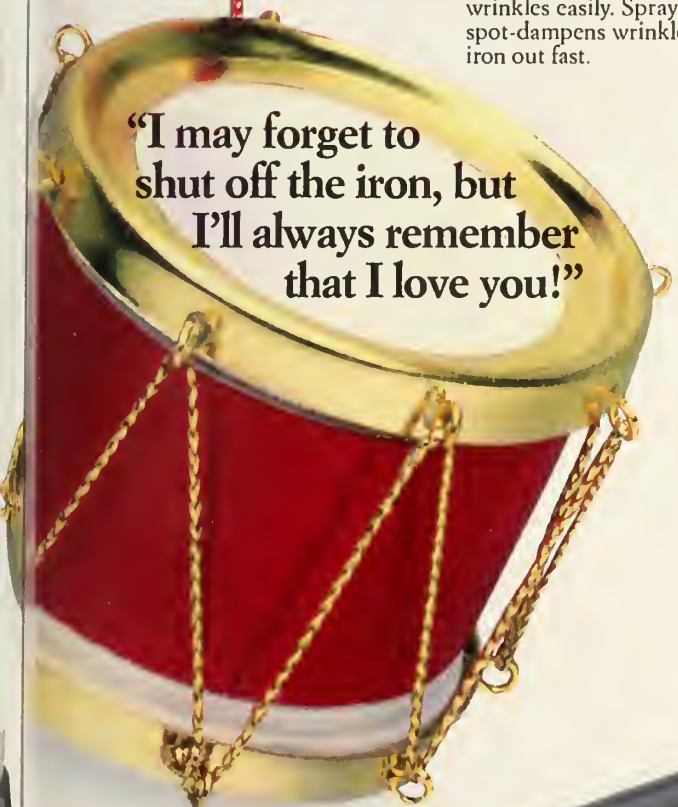
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Light 'N Easy® iron
Take out those deep-down wrinkles easily. Spray system spot-dampens wrinkles so they iron out fast.



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The lightweight travel iron that will press in pleats and press out wrinkles. Handle folds so it packs easily.



"I may forget to shut off the iron, but I'll always remember that I love you!"



Automatic Shut-Off™ iron
The iron endorsed by the National Fire Safety Council. It beeps to warn you it's been left on, then shuts itself off and stays off.



Lite Years™ flashlight
This little flashlight will work when you need it. Its batteries can store up to 10 years!

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"What a flashy gift from Daddy's little girl."



The HandyBlender.™ Give the gift that's perfect anywhere in the ho-ho-home.

This holiday season, give a Black & Decker HandyBlender™ cordless blender. It's fun to use in the kitchen or anywhere else in the house. The HandyBlender™ is portable, cordless, rechargeable and compact, yet so powerful, it can chop ice. So this holiday, give the HandyBlender.™

It makes the perfect gift. Not to mention, the perfect eggnog. Anywhere.

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IDEAS AT WORK.™

Share One of Nature's Adventures



- Limited edition
- Actual size: 9¼"
- 23K gold border

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is recent prints
e sold out their edi-
s within weeks of intro-
tion, and his original
ıtings command prices as high
520,000. Now, acclaimed wildlife
st Ron Parker has created an original
k of art that not only realistically cap-
es a scene from nature, but also rep-
ents the **first-ever collector plate** by this
owned artist.

On a shimmering "canvas" of fine por-
ain, Ron Parker has depicted two cap-
ting, though potentially mischievous,
ng raccoons. They peer out from the
lter of a hollowed-out tree, eager to
lore the world beyond their den.

Entitled "A Curious Pair," the limited-
tion plate exhibits the brilliant style
l attention to detail which have made
ı Parker one of North America's fore-
st wildlife artists. This is an extraor-
ary work that will enhance your home
office with warmth and beauty for
ny years to come.

Adding to the significance of this issue,
Curious Pair" premieres an impor-
t collection of eight plates entitled
ture's Quiet Moments. Each issue will
ture a unique Ron Parker original,
noring one of America's best-known
ldlife species portrayed in its natural
bitat. Each 9¼" plate will be embel-
ıed with 23K gold, and each will be
nd-numbered on its reverse and
ompanied by a same-numbered Cer-
icate of Authenticity, attesting to its

A Curious Pair

place within the edition of a total of 14 firing days.

As an owner of "A Curious Pair," you will have the right—**but never the obligation**—to acquire each issue in the *Nature's Quiet Moments* Collection in the sequence presented to you, as they become available. If you decide not to purchase any issue, your series rights will be made available to another collector. Furthermore, you may acquire the plates in this superb collection **at absolutely no risk,** because The Hamilton Collection **100% Buy-Back Guarantee** assures that you may return any plate for a full, unquestioned refund within 30 days of receipt.

The number of collectors and admirers of Ron Parker's wildlife art has been steadily increasing since the artist introduced his first limited-edition print in 1982. Accordingly, competition to own "A Curious Pair" is expected to be strong, and it is important that you respond **promptly.** Applications will be processed in the order of receipt, so send in yours **today!**

Respond by: December 31, 1987

Limit: Two plates per collector

Accept my application for "A Curious Pair." I wish to purchase _____ (1 or 2) at $37.50 (plus $2.14 shipping and handling) each, payable in two equal installments with the first due now. Check one:

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City _____

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***FL residents add $1.00 and IL residents add $1.39 per plate for tax.** *All applications must be signed and are subject to acceptance. Allow 6 to 8 weeks from date of application for shipment. Deliveries made only to the U.S. and its territories.*

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(continued from page 78) baskets, a bottle of good wine, fine chocolates, a leather-bound photo album, a picture frame, a china serving platter, a set of matching placemats and napkins. Avoid the trite (such as stationery or scarves) or the too-personal (lingerie).

Co-workers

Again, neutral gifts are most appropriate—imported chocolates, homemade or unusual foods, such as fancy jams and exotic teas, or a collection of scented guest soaps. (Make the package special. Arrange items in a pretty pottery bowl or basket that can be used later.)

The boss

Buying for the boss can be tricky. It's probably best to check company protocol first (a personnel officer, a longtime employee or the boss's secretary can brief you on policy as well as on how the boss feels about gifts). If you are uncomfortable buying a gift yours consider chipping in with co-workers to get somethi special that the boss can use when entertaining: bottle of vintage champagne, a selection of gourm cheeses on a wood or marble board, a set of crys wine goblets or a vase, theater tickets for two.

Your holiday host

Even if you're spending the holiday with family, bri along some food—a baked ham, cheeses and a b guette, wine, cakes, pies or shortbread. Even bette Take your hosts out to dinner or arrange to cook meal for them one of the nights of your stay. N possible? Then how about a mohair or wool lap bla ket, a coffee grinder with exotic coffee beans, unusual serving tray, a popcorn popper with gourm popcorn, a set of quilted coat hangers for the h closet? And if they have children, you might brin items the family could enjoy together: books to b read aloud, puzzles, games or even a video. — *L.*



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The spirit of Marlboro in a low tar cigarette.

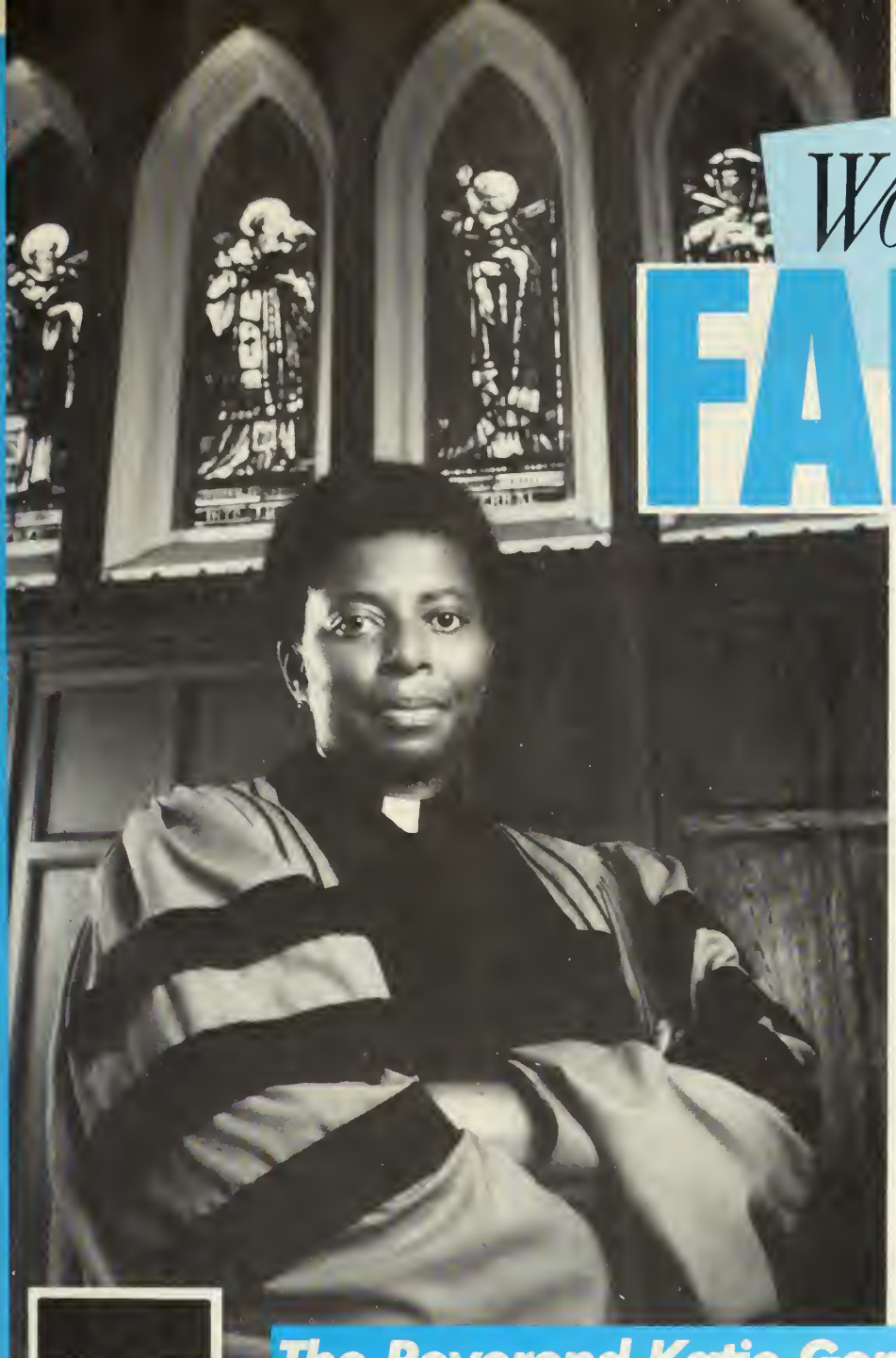


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Carol Bernson

Women of FAITH

Answering God's call is often a lonely, difficult path. But these five women are dedicated to helping others and spreading the timeless message of love in the world

By Diane Salvatore

The Reverend Katie Geneva Cannon

Teaching is the greatest joy of my life. I know that God works through me when I teach," says the Reverend Katie Geneva Cannon, associate professor at Episcopal Divinity School, in Cambridge, Massachusetts, and the holder of a fellowship at Radcliffe College. For the thirty-seven-year-old theologian, the start of every semester is so exhilarating that "it's like being on a mountaintop," she says.

Cannon teaches her students a personal philosophy she calls pebble ethics: "Every action makes a difference," she says. "Every pebble of truth cast into a pond has a ripple effect."

As a child growing up in the South during the years of Jim Crow, it would have been easy for Cannon to denounce a God that allowed prejudice to exist. Instead, she embraced Christianity and won a scholarship to one of only two accredited black seminaries in the country. "But we haven't done our work as long as there is still hunger in the world, as long as people still suffer from racism," she says.

"I have doubts all the time, day by day," she admits. "But then I think that maybe my speaking out against injustice this time can make a difference. That's what keeps me going. And when I ask, Why me? God's answer is always: Because I said so. Because you accepted this call." ▶

Women of
FAITH





Four years ago, she was barely settled as pastor of Cornell Baptist Church, on the outskirts of Chicago's ghetto, when the newly ordained minister, Susan Lockwood Wright, was accused of heresy. The charge: being a woman.

Some leaders of the more than one hundred churches in her local Baptist association protested her appointment, charging that according to the Bible, "women were to be silent and were not to be in authority over men," says Wright, forty-one, who is today one of only a handful of women who are full-time ordained Baptist pastors.

After many months of painful hearings—"I was accused of everything from causing the deterioration of the family to doing Satan's work"—the Illinois state Baptist association voted to recognize Wright. She was overjoyed; there was so much work she wanted to do among the poor inner-city black families in her congregation. "What's important to me is that I'm welcome in their homes, and they call me Reverend Susan, which is both respectful and affectionate," she says. And the feelings are mutual, as she works tirelessly to improve her congregants' quality of life.

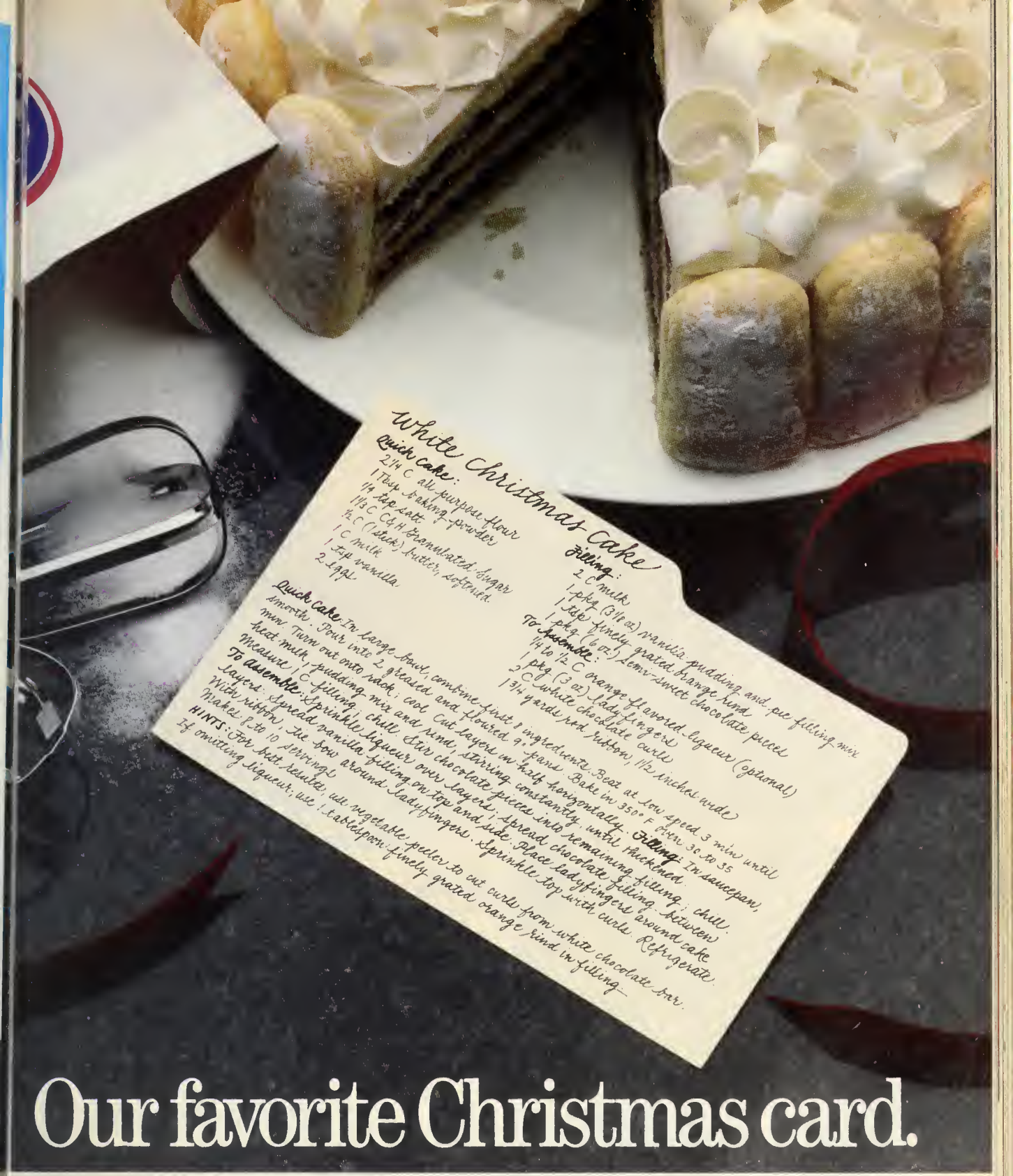
"There are many times when I want to throw up my hands, because the problem of poverty is so much bigger than I am," she says. "But I believe that God is always present in people's lives, and I put my trust in Him." ▶



Carol Bernson

The Reverend Susan Lockwood Wright

Her special mission: helping Chicago's inner-city poor to cope despite sometimes insurmountable odds



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C&H

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Women of FAITH





Sister Peggy Janicki



Carol Bernson

The refugees Sister Peggy serves live with memories of pain but relish the joy of new life

In 1973, when Sister Peggy Janicki was twenty-six years old, she faced perhaps the most poignant crisis of faith that can ever confront a nun: She fell in love. The man was a villager near Sister Peggy's post in the Bolivian jungle, and her feelings for him were sudden and deep. Sister Peggy had joined the Maryknoll order right out of high school in California. Now she had to choose between a life spent in the service of God and one as a wife and mother.

After three years of self-examination at Maryknoll headquarters in New York, Sister Peggy chose God. "There is freedom in not being in just one relationship," she says, "and in developing other kinds of relationships where you can reach out to an entire community."

The life that Sister Peggy, now forty, finally chose has been arduous both physically and spiritually. Since 1984, she has been working with five thousand Guatemalans who fled to a refugee camp in Mexico to escape the fighting between guerrillas and the military government. For those in the camp, dysentery and whooping cough, and the constant shortage of food, water and medical supplies, make every day a struggle for survival. But it's the memory of a homeland and families left behind—or slaughtered before their eyes—that causes the most pain.

"I've seen such horror and suffering," says Sister Peggy, "but I've also seen people near starvation sharing their food, families with few blankets sharing with those who had none. The Gospel speaks to me now more than it ever did before: God means life, and we are never abandoned."



ate of Florida, Department of Citrus, 1987

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Women of FAITH



A typical day for Major McConniel includes both the spiritual—conducting services for the alcoholic men in her center—and the practical—pricing donations to sell in the thrift shops





Carol Bernson

Six-year-old Lynette McConniel was so thrilled by the rousing rendition of "Onward, Christian Soldiers" played by the Salvation Army's brass band that she stood transfixed on the sidewalk, oblivious to the icy wind cutting through her hand-me-down winter coat. Little else in her life was quite so magical and exciting: Growing up in poverty in Norfolk, Virginia, Lynette and her eight brothers and sisters did their homework by lantern to save electricity. Her mother fashioned clothes for the family out of feed sacks, and her father cut holes in the ceiling to allow heat from their coal stove to rise to the upstairs bedrooms.

And although it was the Army's music that first caught her attention, Lynette realized over the years just how much spiritual comfort and material aid the organization brought to "poor kids like me."

Now fifty, a Salvation Army major celebrating thirty years of service, Lynette still believes that giving of yourself is the greatest gift of all. She and her husband, a Salvation Army major who died four years ago, made it their mission to aid families torn apart by alcoholism. Today Lynette runs a rehabilitation center for alcoholic men in Memphis, Tennessee, helping them see, through sermons and counseling, "that God loves each of us without conditions." She also plays a baritone horn in the Army's band and especially loves to perform "Onward, Christian Soldiers" for an audience of excited children. ▶

Major Lynette McConniel

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1. Purchases must be made between August 1, 1987 and December 31, 1987.
2. Send this completed form plus dated register receipt and purchase proof (UPC Code) from one of the following Fisher-Price Little People playsets: 0916-Zoo, 0952-House, 2500-Main Street, 0915 or 2501-Farm, 0933 or 2502-Airport, 0930 or 2504-Garage. Limit one rebate per address, household, group or organization. No duplication or reproduction of this form. UPC purchase proofs or register receipts will be accepted. Sorry we cannot process your request unless all required proofs are submitted.
3. All rebate requests must be postmarked by January 15, 1988.
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House


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Women of FAITH



Leading services at her synagogue, Rabbi Hirsch reads from the Torah and holds the Sabbath candles

Carol Bernson

Rabbi Deborah A. Hirsch

Deborah Hirsch made her first trip to Israel at eighteen with her seriously ill father, who wanted to dedicate his mother's gravesite, as well as see the birthplace of Judaism, to which he was strongly committed. In fact, he had once wanted to become a rabbi but had been forced to give up his dream.

Less than a year after that trip and her father's death, Deborah began to think about becoming a rabbi herself—and she felt a tremendous pull to return to Israel to help her make her important decision. "Living there touched a very deep chord in me," she says, "and affirmed my desire to make my faith my life's work."

Yet Deborah knew her choice promised a difficult road. The first—and only—woman rabbi had been ordained less than two years earlier. "I felt," she says of her years in school, "the necessity to overachieve in order to compensate for the bias against women." She was ordained in 1982 and today, at thirty-three, leads a congregation at East End Temple, in New York City, where she sometimes puts in as many as ninety hours a week.

Her greatest fear is that she won't always know how to counsel those in need. In such moments, she says, she relies on "a power higher than myself. God is a divine spark within all of us, and it's that spark that allows me to be compassionate, to be concerned about the whole human family."

THE ROMANCE CONTINUES...



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SHORT STORY



Tom Arma

Home for Christmas

Christmas, until now, had always been something that happened to other people. A special time, a loving time—most of all, a family time. And Sarah had never had a family.

When she told this to Rob, soon after they had met, he looked at her, unbelieving. Sarah colored, aware that although her words had been no more than a statement of fact, they sounded like a bid for sympathy.

"It wasn't that bad," she said quickly. "We had parties, we had presents, we had Santa Claus. We had plenty to eat, but—none of us had families, so it wasn't the same." And then, touched more than she would have thought possible by the concern in Rob's eyes, she said, "Rob, living in an orphanage wasn't bad—just different."

"And later?" he asked, quietly. "When you were married to Steve? When Mandy was born?" *(continued on page 178)*

By Isobel Stewart

SURGEON GENERAL'S WARNING: Smoking By Pregnant Women May Result in Fetal Injury, Premature Birth, And Low Birth Weight.

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Common winter ailments and their cures

You've got a nasty cold you can't seem to shake. Your neighbor keeps bringing over chicken soup, while you've been buying cold medicines. Which is more helpful?

You've eaten so much at holiday parties that you've got terrible indigestion. Should you just wait stoically until you feel better, brew some peppermint tea or try an antacid?

From time to time, all of us experience minor ailments that can be treated in a number of ways. The following table compares popular home remedies, nonprescription treatments and medical approaches to common winter ailments. (Remember, see your physician for any health problem that persists for more than a few days, seems to be getting worse or is accompanied by other symptoms, such as a high fever, increasing pain or weight loss.)

Common cold

HOME REMEDIES

Chicken soup, tea Clear mucus and prevent nasal passages from drying. Avoid teas with caffeine.

Vaporizer Prevents drying of the nasal passages.

Vitamin C There is no evidence that vitamin C is effective in shortening a cold's duration. Megadoses of vitamin C can cause bladder irritation and other side effects.

OVER-THE-COUNTER MEASURES

Aspirin, acetaminophen Relieve fever and achiness. Aspirin may cause gastrointestinal upset. Also, aspirin should not be given to children under eighteen who are suffering from a viral infection, because it increases the risk of Reye's syndrome.

Cold pills Provide temporary relief of symptoms. Side effects include drawsiness. Combining drugs may have adverse effects—check with your pharmacist first if you are taking any other medicatians.

DOCTOR'S TREATMENT

Prescribe antibiotics May prevent secandary infection in people with chronic lung disease. However, antibiotics are not effective against cold viruses. *(cantinued on page 109)*

By Genell J. Subak-Sharpe

May your days be merry and light.



Season's traditions, all light and all cheer,
Make laughter and fun a habit 'round here.
With ALBA® Shakes and Hot Cocoa, you see,
Holiday treats are now sugar-free.
So on Dasher, on Dancer, on Cupid, on Vixen,
To an ALBA Christmas with all the fixin's.

Alba Recipes Inside


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)NSTRUX. THE BUILDING SYSTEM WITH THE BIG ADVANTAGE.

With Fisher-Price Construx,® bigger really is better. Why? :ause our larger parts let kids build bigger toys. That means there's re toy to play with. And that's a lot of fun!

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Construx
Battlestrike
(300 pieces)



Lego
Blacktron™ Renegade
(302 pieces)

BIG COMPATIBILITY.

All Construx pieces, in all Construx sets, fit together. So kids can mbine them to make a lot of different toys—or one great big one.

ONE THING ISN'T BIGGER. THE PRICE.

Although Construx is definitely larger in size, it's not larger price. And that may be the biggest plus of all.

Fisher-Price®

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PSYCHOLOGIST'S JOURNAL

By Sonya Friedman, Ph.D.

Q&A LOVEMAKING CONFLICT

Although our sex life has always been satisfying, lately my husband and I have been out of sync. When I'm feeling passionate, he's not, and when he wants to make love, I'm not in the mood. Is this normal?

All couples go through a variety of different phases in their lovemaking. If you and your husband are so busy that you barely see each other, or if either of you is exhausted at the end of each day, you need to make some adjustments so that you will have more time and energy for each other.

It's only natural that we will occasionally experience negative feelings toward our partners that can diminish our desire to make love; however, continued lack of desire may indicate some hidden resentment between you and your husband. The solution is to communicate those angry feelings so that your differences can be ironed out.

Q&A TO FIGHT OR NOT TO FIGHT

My ten-year-old son is being harassed by a bully the same age. My husband insists that the boy must fight back or be considered a sissy. How should we handle this?

Unfortunately, in our culture, choosing to avoid a fight usually has negative connotations. And if your son is unable to protect himself, it's likely that he'll continue to be picked on, and his sense of self-esteem will be diminished.

Call the bully's mother if you feel you should, but realize that this may make the bully angry, and he may take out that anger on your son. However, I do feel it's very important that your son know self-defense in case he needs it. It might be helpful for him to take a course in martial arts. These courses combine the use of the mind and the body in self-defense. Your son will learn to defend himself without becoming an aggressor.

How well do you cope with the holidays?

'Tis the season to be jolly, but holiday stress can dampen even the merriest of Yuletide spirits. How well do you cope? Test your stress-ability in the following situations

1. Your plans for a family get-together mean inviting a few relatives you don't particularly like. You:
a) decide not to, so they won't ruin your evening
b) invite them; they'd be offended if you didn't
c) invite them, vowing to avoid arguments
d) invite them, expecting a tense evening

2. Your mate's gift is far from what you were hoping for. You:
a) say it's great and resolve to find a use for it
b) say it's great but that you'd like to return it for something more practical
c) say that it's typical of his taste
d) feel hurt, because he doesn't know what you like

3. During a hectic day of Christmas shopping an agitated store clerk gives you a hard time. You:
a) get flustered and walk away
b) feel intimidated and hurry to make a purchase
c) tell her to wait on someone else and come back to you
d) comment on her rudeness and take your business elsewhere

4. You promised to bake cookies for the Christmas bazaar, the office party and your child's scout troop. There are only two days left to deliver. You:
a) invite some friends to help
b) angrily push yourself to meet the deadline
c) berate yourself and rush out to buy cookies
d) bake all the cookies you promised to, because you don't want to disappoint anyone

5. You agree to get your daughter a certain toy for the holidays but find the stores are sold out. You:
a) get another toy and tell her it's much better
b) give her something lavish, hoping she'll forget the first choice
c) get another gift and tell her that people don't always get what they want
d) explain what happened and ask her what she'd like as a second choice

Scoring: Circle your answers on the chart below. The column in which you have the most responses is your primary coping style.

		I	II	III	IV
Question:	1.	a	b	d	c
	2.	d	a	c	b
	3.	d	b	a	c
	4.	c	d	b	a
	5.	a	b	c	d

I: Having fun during the holidays is important, but your fantasy expectations generate a lot of stress.

II: You try so hard to please others by doing what they want, it's no wonder you feel frazzled by the extra pressures of the holidays.

III: You tend to focus on all the unnerving qualities that can dull the holiday sparkle. Thus, you find most holiday goings-on stressful.

IV: You don't let the season's pressures wear you down. Since you view this as a basically happy time, you've found the key to a stress-free season.

NOTE: If your scores fall mainly into the first three columns, you're a candidate for some simple stress-reduction techniques. Do deep-breathing exercises, make some time to unwind and spend more time on doing the things you like. —MARCIA ROSEN

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EASY AS 1-2-3

HOLIDAY DOUGHNUTS



Thom DeSanto

In deep-fat fryer heat 2 inches salad oil to 375°F. Combine 2 cups all-purpose flour, ⅔ cup firmly packed light brown sugar, ½ teaspoon each baking powder, baking soda, nutmeg and cinnamon, and ¼ teaspoon salt in large bowl. In medium bowl combine 1 egg, ⅓ cup buttermilk, 1 tablespoon melted butter and ½ teaspoon vanilla extract; stir into dry ingredients. Transfer dough to generously floured surface; roll ½ inch thick. Using a 2¾-inch doughnut cutter, cut out doughnuts and holes. Fry 2 or 3 at a time, 3 minutes, turning once. Drain. Repeat. Sprinkle 3 tablespoons sugar mixed with ½ teaspoon cinnamon over hot doughnuts. Makes 10 doughnuts and 10 holes.

recipe ROUNDUP

Campbell's soups will let you prepare eight thousand mix-and-match recipes. To order, send $1.95 (check, money order) to "Campbell's Creative Cooking with Soup," Dept. LHJ, Box 7712, Marshfield, WI 54449. ■ A.1. Steak Sauce provides main-dish recipes for quick meals. To order, send $1 to "A.1.-derful Cooking," Box 7855, Clinton, IA 52736.

good spirits



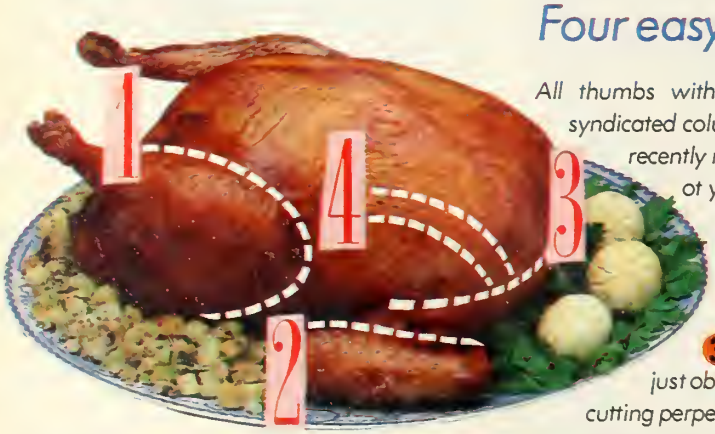
No need to settle for seltzer with a twist when you want to skip liquor—try these nonalcoholic "mocktails" for a holiday toast!

■ **HOT SPICED FRESH CRANBERRY-APPLE TEA:** In medium saucepan heat 1 bag (12 oz.) fresh or frozen cranberries and 1 bottle (32 oz.) unsweetened apple juice to boiling. When berries begin to pop, reduce heat to low and simmer covered 5 minutes. Strain into a bowl through a fine sieve. Press pulp with the back of a spoon to extract as much juice as possible; discard solids. Add ⅓ cup sugar. Return to saucepan; add 5 whole cardamom pods and peel of half an orange. Bring to a boil. Remove from heat; cover and steep 10 minutes. Discard cardamom and orange peel. Ladle into mugs. Garnish with apple slices. Makes eight 4-ounce servings, 100 calories each.

■ **TANGERINE SPARKLE:** Pour 2 cans (6 oz. each) frozen tangerine juice concentrate, thawed, into a chilled punch bowl. Slowly add 1 bottle (28 oz.) chilled tonic water and 2 cups chilled ginger ale. Stir. Garnish with 10 whole strawberries. Makes ten 4-ounce servings, 80 calories each.

From GOOD SPIRITS: ALCOHOL-FREE DRINKS FOR EVERY OCCASION, by Marie Simmons and Barbara Lagowski. Copyright © 1986 by Marie Simmons and Barbara Lagowski. Reprinted by arrangement with New American Library.

Four easy steps to perfect turkey carving



All thumbs with wings and drumsticks? We asked meat expert and syndicated columnist Merle Ellis for some pointers. He should know—he recently made Mastering the Art of Carving, *a videotape available at your public library or video store.* 1 *Using a good, long, thin, sharp carving knife and holding the turkey in place with a carving fork, cut between leg and breast to remove leg and thigh. Set pieces aside on another plate.* 2 *Cut and remove first two joints of wing, leaving third joint attached.* 3 *Make a deep, horizontal base cut through breast meat just above remaining wing joint.* 4 *Slice off breast meat pieces by cutting perpendicular to base cut. Repeat procedure on other side of bird.*

BASIL CHICKEN WITH BROCCOLI STUFFING

1 package HOLLY FARMS® Time Trimmer® Chicken Thigh Nuggets
1 large onion, cut in wedges
5 tablespoons butter or margarine
½ pound mushrooms, sliced
1½ cups water
½ cup white wine or chicken broth
1 cup heavy cream
1 small red pepper, chopped
½ teaspoon *each* dried basil and salt
¼ teaspoon pepper
1 cup broccoli florets
2 cups STOVE TOP® Flexible Serving Stuffing Mix

SAUTÉ chicken and onion in 3 tbsp. butter 5 min. Add mushrooms; sauté 3 min. Add ½ cup water and wine. Simmer covered 15 min.

STIR in cream, red pepper and seasonings. Simmer uncovered 15 min.; stir occasionally.

COMBINE broccoli, remaining water and butter in saucepan. Bring to boil. Stir in stuffing. Cover; remove from heat. Let stand 5 min. Serve with chicken. Makes 4 servings.

Stylish stuff with chicken.

asy new dishes with fresh Holly Farms® hicken and one-step Stove Top.®



HONEY-PECAN CHICKEN

2 cups STOVE TOP® Flexible Serving Stuffing Mix
1 cup orange juice
½ cup boiling water
⅓ cup chopped pecans
2 tablespoons butter or margarine
1 package HOLLY FARMS® Boneless Chicken Breasts
4 slices bacon
2 tablespoons honey

COMBINE stuffing mix, ½ cup juice, water, pecans and butter. Let stand 5 min. Mound ½ cup stuffing on each chicken breast. Wrap with bacon; twist to secure. Place in greased pan or microwave-safe dish. Mix remaining juice and honey; spoon over chicken.

OVEN: Bake at 350° for 40 min.

MICROWAVE: Cover with paper towel; cook at HIGH 14 to 16 min; rotate dish twice. Let stand 5 min. Makes 4 servings.

Holly Farms® Chicken may not be available in all areas. © 1987 General Foods Corporation

GENERAL FOODS

WHAT'S HOT CELEBS OF THE YEAR

It was a year of scandals and surprises, new faces and old favorites. Here are the personalities who shocked us and entertained us in 1987



Mathew Rolston/Outline

Madonnamania!

Not since Marilyn Monroe has the world been this fascinated, infatuated, saturated, exasperated and, quite often, infuriated with one entertainer. So America wasn't exactly *Who's That Girl*-crazy over her latest movie, which was an embarrassing flop. In true Madonna fashion, while her movie was still being panned, she wowed us with yet another hit single and a record-breaking world concert tour. Now, if only this mercurial girl would finally decide whether she still wants to be Penned in. . . .



Harrison Jones/Outline

sit down, Phil

Phil, we've got a problem. Oprah Winfrey's running rings around you in the ratings. She's tough, she's sensitive, and women love her. So what if no one can pronounce her first name?



Globe Photos

how not to ask for a raise

Poor Valerie Harper. One minute she's got a hit show, the next she's out of a job and Sandy Duncan is raising her TV kids. (The producers won't even drop her name from the show's title—now *Valerie's Family*.) All because she asked for another $23,000 a show. Even Rhoda didn't have that kind of luck.

and in this corner...

This year's bad-boy honors again go to defending champ Sean Penn. Madonna's temperamental husband was sentenced to sixty days in jail for punching out a movie extra while still on probation for a previous unscheduled one-rounder. Runner-up is Bruce Willis, whose idea of moonlighting included an arrest for charging police officers who were responding to complaints of a noisy party at his home. The producers of *Moonlighting*, already shaken by Cybill Shepherd's pregnancy, were no doubt relieved when charges against Willis were dropped because of insufficient evidence. His neighbors were no doubt relieved when he moved.



Trapper/Sygma



ABC

By Eric Sherman

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WHAT'S HOT CELEBS OF THE YEAR



Levenson/Outline

girls just wanna have fun

Just when things seemed to be getting a little weary at Windsor, along came Sarah Ferguson to transform Princess Diana into a bit of a royal rowdy. Yes, that's the Duchess of York and the future Queen of England at the races, jabbing well-dressed gentry in the rump with their umbrellas. And right again, that was Fergie leaping into the lap of her giggling sister-in-law in the royal box at Ascot. But considering all the rumors about Diana's marriage being on the rocks, a good sense of humor must come in handy.



Gray/LGI

good, bad ...or strange?

Let's face it, Michael Jackson is one weird guy. Word has it he sleeps in an oxygen chamber. He reportedly offered $1 million for the remains of the Elephant Man. And he's had so much facial surgery he's beginning to look just a little bit like the llama he's raising. He's been so busy being bizarre, it's no wonder it took him nearly five years to come out with *Bad*, his first solo album since *Thriller*, the biggest-selling LP of all time.



Paul Adao/Outline

but can she type?

"Wanted: Dutiful secretary. Needs wardrobe made for hiding documents. Paper-shredding skills a must. Steno also handy." Oliver North's secretary, Fawn Hall, gave new meaning to the term "faithful employee," while two other girls of summer—Jessica Hahn (Rev. Jim Bakker's other woman) and Hart-breaker Donna Rice—proved that a little monkey business can get you in a whole lot of hot water. ▶



Markel/Gamma Liaison

Ollie's follies

It was a grand performance, both smart and smug, charming and disarming. After months of silence about his role in the Iran-contra affair, Lt. Col. Oliver North stormed Capitol Hill and came back a hero. While most of America considered him a legend—a combination of Rambo and Luke Skywalker—critics called him cavalier and questioned his integrity. Ask yourself—would *you* buy a used fighter plane from this man?



Woodbury/Sygma



Mathieson/Sygma



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Indeed, it's only fitting that after years of creating electronics that represent the next generation, Sony now turns its attention to the younger generation.

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WHAT'S HOT CELEBS OF THE YEAR

The settlement hearing for Joan Collins's bitter divorce from singing Swede Peter Holm had more twists and turns than any *Dynasty* episode. First Collins sobbed on the stand. Then a surprise witness nicknamed "passion flower" shocked the court by describing her torrid love affair with Holm. She later fainted and had to be carried out to an ambulance. But those courtroom capers were nothing compared with the rumors of kinky ménages à trois and extramarital affairs that spread last summer when another star, Sylvester Stallone, filed divorce papers against his second wife, Brigitte Nielsen. Sources said that the state of Stallone's twenty-month-old marriage to the strapping Dane had long been (you guessed it) rocky.



Outline

divorce Hollywood style



Globe Photos

all's fair in love and *Law*

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Neveu/Gamma Liaison

war games

Twelve years after the end of the Vietnam War, moviegoers experienced a sense of shell shock when *Platoon* (left) captured the Academy Award for Best Picture and paved the way for a barrage of harrowing war films, including *Full Metal Jacket*, *The Hanoi Hilton* and *Hamburger Hill*. CBS even introduced a television series, *Tour of Duty*, based on the Vietnam conflict. War may be hell, but this year it was great box office.

always on our mind

On the tenth anniversary of his death, America went Elvis crazy. There were four new albums, three books and two TV specials. Plus Elvis statues, Elvis mugs and oil-on-velvet paintings of the King. Just think—the fifteenth anniversary of Elvis's death is only a few short years away....



Globe Photos

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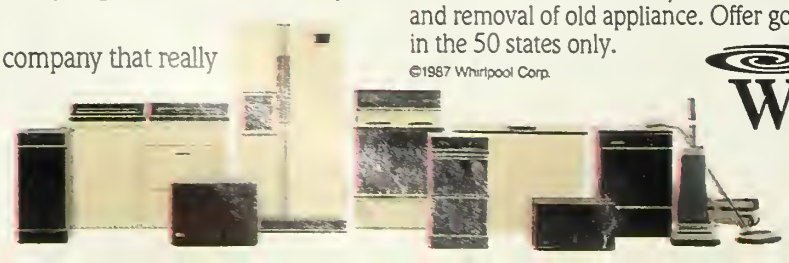
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For more information, see your Whirlpool retail dealer. This offer includes delivery and installation of new appliance and removal of old appliance. Offer good in the 50 states only.

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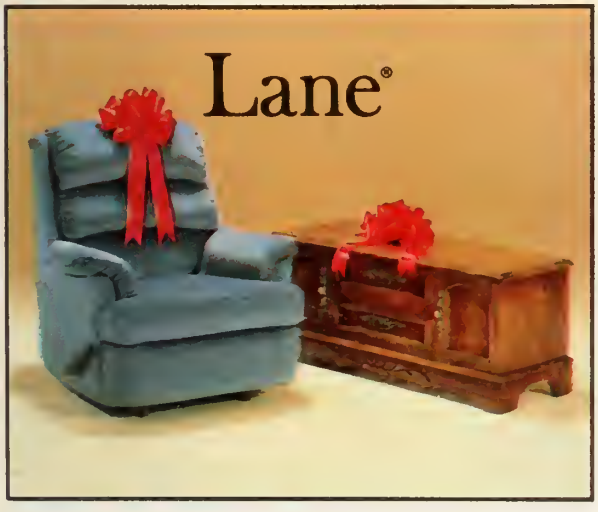


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HOLIDAY GIFT GUIDE

A CELEBRATION OF GREAT GIFTS FOR FAMILY AND FRIENDS



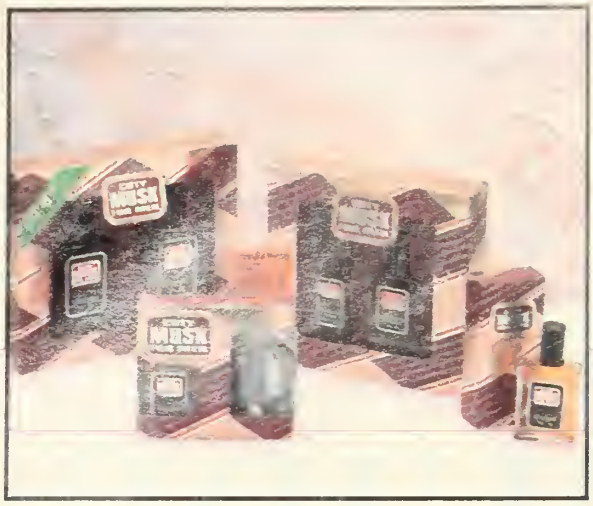
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HOLIDAY GIFT GUIDE



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TODAY'S KIDS brings imagination to holiday gift giving with the SWEETHEART PLAY HOUSE for children ages 2-8. With three different play areas, the Sweetheart Play House offers your child a multitude of fun activities. Made of colorful molded plastic, it features a detailed kitchen with stove, sink and phone, a vanity with real mirror, play table that slides in for storage, two attached swing-out seats, and windows with working shutters. You can find the Sweetheart Play House wherever fine toys are sold, or call 1-800-258-TOYS for the store nearest you.



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Only one film this year has the magic to capture your heart—Walt Disney's LADY AND THE TRAMP. Disney's most irresistible animated Classic is now on videocassette! Brimming with romance, music and adventure, this timeless film will rekindle magical memories... memories that you can share with your family. This Christmas, give the one gift they'll cherish forever —LADY AND THE TRAMP. Walt Disney Home Video. $29.95 suggested retail, available wherever videocassettes are sold.

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HOLIDAY GIFT GUIDE



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Getting ready for the holidays

By Sandra Boynton



Christmas comes only one day a year, on December 25. But *Christmastime* is much longer, starting when the stores put up their Christmas displays and ending on January 1, when everyone joyfully welcomes in the new year, and then regrets it.



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Pass the Old El Paso® Spicy Bean Dip



Spicy Bean Dip

1 can (16 ounces) OLD EL PASO® Refried Beans
1 cup (4 ounces) shredded Monterey Jack cheese
1/2 cup OLD EL PASO® Taco Sauce
1 can (4 ounces) OLD EL PASO® Chopped Green Chilies
1/4 cup chopped onion
1-1/2 teaspoons chili powder
1/8 teaspoon cumin
1/4 teaspoon oregano leaves
1 box (7-1/2 ounces) OLD EL PASO NACHIPS® Tortilla Chips

In a medium saucepan, combine all ingredients except NACHIPS® Tortilla Chips. Heat thoroughly over medium-high heat until cheese is melted and mixture is smooth, stirring frequently, approximately 5 to 7 minutes. Serve warm with NACHIPS® Tortilla Chips for dipping. Makes 3 cups. ***Microwave Directions:*** Microwave mixture in a 1-1/2 quart microwave-safe container on HIGH 5–7 minutes.

OLD EL PASO

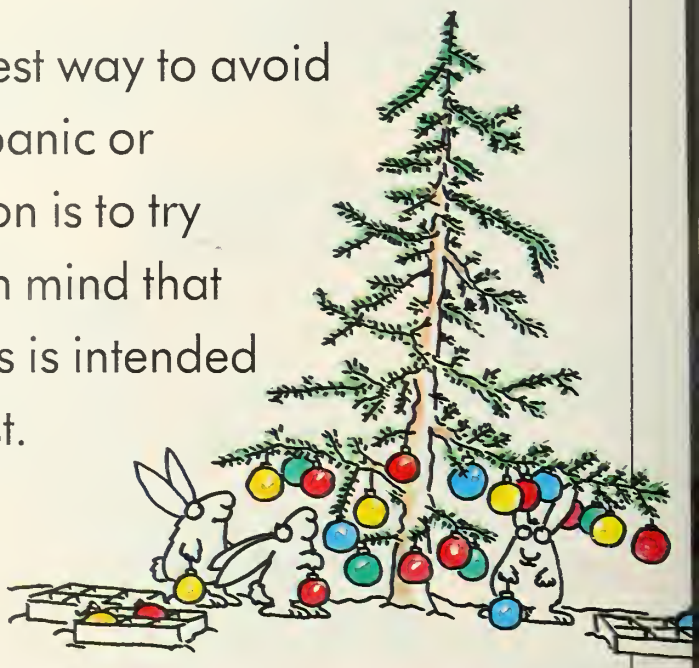
A festive appetizer for Las Posadas, a gathering of friends and family for the nine days before Christmas.



Because the Christmas season is so drawn out, it's sometimes hard to sustain the excitement of the holidays right up to Christmas Day.



The best way to avoid fatigue, panic or depression is to try to keep in mind that Christmas is intended to be a celebration, not a contest.



Try to let go of the unrealistic expectations that besiege you. Keep your Christmas simple and rewarding. You might most enjoy decorating a tree or going caroling with friends.



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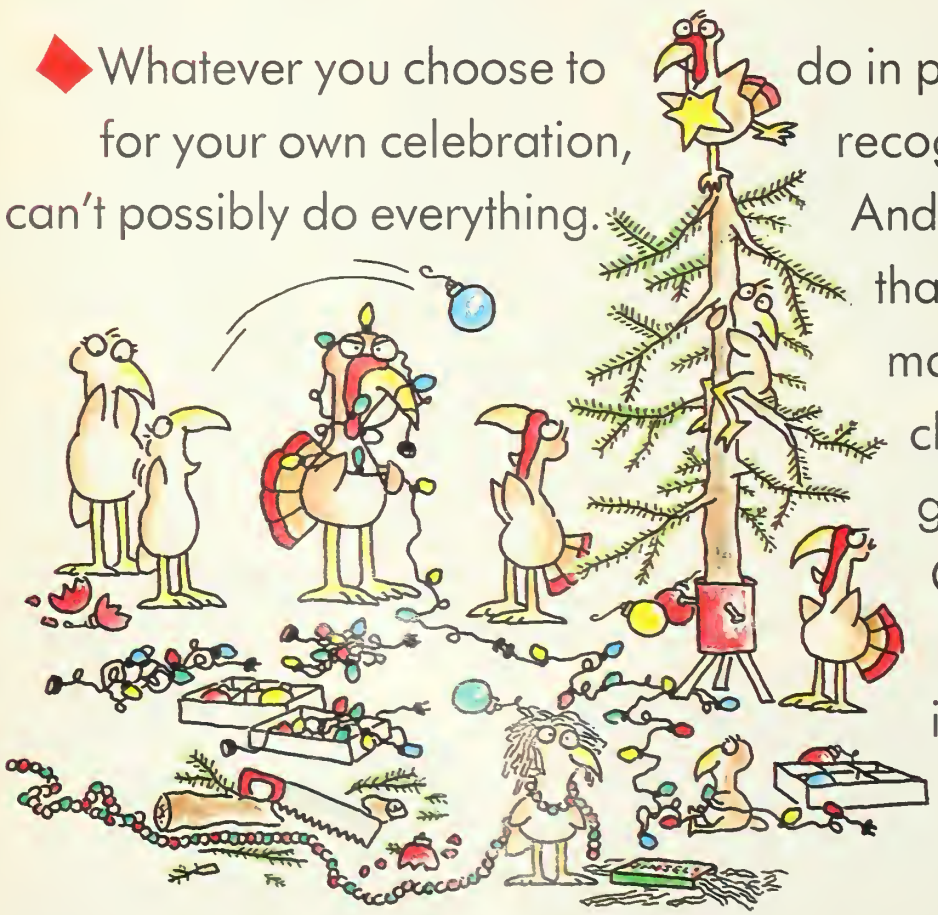
Some of us enjoy not enjoying Christmas.



And some of us are well content simply to be surrounded by our loved ones during the holidays.



Whatever you choose to do in preparation for your own celebration, recognize that you can't possibly do everything. And remember that if you can maintain a cheerful attitude, getting ready for Christmas can be a celebration in itself.





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TIE ONE ON

Tohru Nakamura



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COOKING FOR TODAY

By Virginia Stanley

Great fresh soups to take the chill out of even the coldest winter days



Karen Leeds/The Stock Market

CREAM OF MUSHROOM SOUP

Prep time: 15 minutes
Cooking time: 15 to 20 minutes

- **4 tablespoons butter or margarine**
- **1 cup diced onions**
- **½ pound mushrooms, coarsely chopped**
- **1 tablespoon chopped parsley**
- **3 tablespoons flour**
- **3 cups chicken broth**
- **1 cup half and half cream**
- **¼ cup dry vermouth**
- **Salt and pepper**
- **Chopped chives, for garnish**

In large saucepan melt butter or margarine over medium heat. Add onions, mushrooms and parsley; sauté 10 minutes. Sprinkle with flour and cook, stirring, 1 minute. Gradually stir in chicken broth. Stir in cream and vermouth. Cover and cook over medium-low heat until heated through. Do not boil. Season with salt and pepper. Garnish with chives. Makes 5 cups, 200 calories per cup.

PARSLEY SOUP

Prep time: 15 minutes
Cooking time: 20 to 25 minutes

- **2 tablespoons butter or margarine**
- **½ cup water**
- **2 medium potatoes, peeled and chopped**
- **2 medium onions, chopped**
- **¾ teaspoon salt**
- **¼ teaspoon curry powder**
- **⅛ teaspoon white pepper**
- **1 can (13¾ or 14½ oz.) chicken broth, divided**
- **2 cups loosely packed parsley leaves**
- **2 cups milk or 1 cup *each* milk and heavy or whipping cream**
- **Dash Worcestershire sauce**

In large saucepan over medium heat combine butter or margarine, water, potatoes, onions, salt, curry powder and white pepper. Cook 15 minutes or until vegetables are tender. Add ½ cup chicken broth and the parsley. Transfer to blender and puree. Return to saucepan. Stir in remaining chicken broth, milk or milk and cream and Worcestershire. Cover and cook over medium-low heat until heated through. Do not boil. Makes 6 cups, 150 calories per cup.

CARROT SOUP

Prep time: 20 minutes
Cooking time: 35 to 40 minutes

- **2 tablespoons butter or margarine**
- **2 large onions, diced**
- **4 large carrots, chopped**
- **1 stalk celery, scraped and chopped**
- **1 large potato, peeled and chopped**
- **1 white turnip, chopped (optional)**
- **4 cups chicken broth**
- **1 can (5 oz.) evaporated milk or 1 cup heavy or whipping cream**
- **¾ teaspoon salt**
- **¼ teaspoon freshly ground pepper**
- **2 pinches nutmeg**
- **Croutons or plain yogurt, for garnish**

In large saucepan melt butter or margarine over medium heat. Add onions and sauté 3 minutes. Add carrots, celery, potato, turnip (if desired) and chicken broth. Cover and bring to a boil; reduce heat and simmer 30 minutes or until vegetables are tender. Transfer to blender and puree until smooth. Return to saucepan. Stir in evaporated milk or heavy cream, salt, pepper and nutmeg. Cover and cook over medium heat until heated through. Do not boil. Serve hot or cold. If serving hot, garnish with croutons; if serving cold, garnish with a dollop of plain yogurt. Makes 8 cups, 100 calories per cup.

PARSNIP BISQUE

Prep time: 15 minutes
Cooking time: 20 to 25 minutes *(continued on page P.S.12)*



Introducing the first whipped heavy cream that's Reddi-wip® convenient.

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...nd a ...l is at ...also be ...and from ...ports. ...e Dorset's res- ...uted by London ...pecial in its own ...h a trompe l'oeil scene of a balloon taking off in Dorset Square, the restaurant is cheerfully informal. It serves such nouvelle country fare as Stilton cheese soup, New Forest venison sausages and brown-bread ice cream.

The truly luxury-minded should consider a stay at 25 Dorset Square, also owned by the Kemps. Formerly the home of the Earl and Countess of Wintlesham, the adjacent house now comp... furnishe... ...oper... paintings. Two suites are ... with Bechstein grand pianos.

Rooms range from £55 for a s... to £120 for the Coronet Rooms. ... more information, write or call the Dorset Square Hotel, 39/40 Dorset Square, London NW1 6QN, 01-723-7874. All major credit cards are accepted. —*Constance Leisure*

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Michael Dunne

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...w! S... ...fres!

the Dorset Square Hotel are enhanced with festive Christmas decorations and flowers
...g desk for guests is the centerpiece of the sun-filled drawing room (left);
...lace burns in one of the public lounges (center); a view of the Yuletide groaning board
...l in the Country Manners restaurant

For more Travel Talk, turn the page


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the smart traveler

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IN FASHION!
THE WINES OF ITALY



The Italian Wine Center, 499 Park Avenue, New York, NY 10022

MEXICAN nöel



Large, brightly colored piñatas add Christmas cheer to a shopping area in Mexico City all season



Fabulous folklore dances are just part of the many ways Mexicans celebrate the joyous holiday

Christmas in Mexico City is rich in tradition and touched with an exuberance found in few other places in the world. Mexico City is ablaze with colored lights—more than half a million are strung high across the main avenues. Giant angels, nativity scenes and prettily wrapped packages decorate parks, lawns and plazas. The Zócalo, the city's main square, dazzles with balloons and crimson poinsettias. (The "Christmas Eve flower" was named after American diplomat Joel R. Poinsett. In 1836 he brought the plants from Mexico to raise at his South Carolina estate.)

Special fiestas known as *posadas* begin December 16. Originally they reenacted the Holy Family's search for shelter (posada means *inn*), but they now consist of holiday galas culminating on Christmas Eve.

Throughout the city are carols, *pastorelas* (medieval miracle plays), piñata parties, special art exhibitions and folklore dances. Traditional midnight Mass is particularly moving at the Metropolitan Cathedral, on the Zócalo, where the sheer height of the nave adds to the ceremony's grandeur.

Feasting is another important part of holiday celebrations. Turkey, native to Mexico, is often served. The more traditional dishes, though, are codfish and revoltijo (shrimp patties in mole sauce with green chilies).

For additional information, contact the Mexican Government Tourism Office, 405 Park Avenue, Suite 1002, New York, NY 10022; 212-838-2949.

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The Great American Road belongs to Buick



New Store 'n Serve Microwave Cooking Accessori

They cook as good as they look. V cooking restrictions, they're perf freezer, refrigerator, micro-oven a table. And so advanced there's a l warranty. New air-tight, wraparo seal protects food better, is easie open and close. New stay-cool ha 20-item collection in white, blue,

LOOKING GOOD

By Constance Leisure

winterize your skin

Your skin should look its most beautiful over the holidays. But too often it suffers from postsummer damage, from a skin-care regimen that hosn't been chonged to match the colder weother or from neglect. Lia Schorr, skin-core expert ond owner of the Lio Schorr Solon, in New York City, offers some tips on how to help your skin look its loveliest.

- At this time of yeor you need more protective doy and night creoms thon you do in summer. Reploce astringents with milder, nonolcoholic toners. Mosques should be emollient-rich, not drying or irritoting.
- Are you foir-skinned or over forty? If so, you should weor o moximum-strength sunscreen (15 SPF or higher) under makeup.
- Hove o focial ond o peeling mosque to remove dead-cell buildup on the surfoce of your foce, which couses o dry, dull look.
- On reolly cold doys double up on everything: two coots of lip gloss, two coats of eye cream. Woit five minutes between applications.
- Drink plenty of water to moisturize from within. Milk ond milk products are olso important skin lubriconts.

Don we now our gay apparel

Wearing something special makes everyone feel festive. Why not go for one of these holiday outfits?

Dresses with pouf skirts in crinoline, lace and tulle are tops. Designer Chetta B. shows them in gray and black, sometimes with sequined tops. Sleeves are long or capped; many gowns are simply strapless. *Victor Costa's sexy cocktail dresses in shimmery fabrics are accented with fur or feathers at the hem or around a strapless bodice.* *The bubble dress, redefined by Adrienne Vittadini, is done with short or long sleeves ir wool doubleknit and cotton interlock. It features a fittec bodice and a dropped waist that bubbles but curves in again slightly at the knee. Colors are soft: sky blue, oatmeal, pale pink.* *Jet-black bugle beads on croppe tops, short jackets and long tunics are also holiday fare So are sweaters. Vittadini's, in black or white lambswoc angora, are decorated with hand-sewn bows and rhinestones. They're fitted at the waist and worn with black taffeta skirts. Others to watch for: long-sleeved cashmere crewnecks in pink or black with detachable white organza collars and cuffs.*



New Foodsavers Storage Containers.
These handsome new food containers feature a unique wraparound seal that keeps food fresher, is easier to open and close. New design for easy cleaning; new material allows you to microwave reheat with no regrets. Great for refrigerator and freezer, and micro-oven-to-table serving. And so tough we give you a full 5 year warranty. 32-item collection available with white base and clear lid, or white lid and clear base.

SUPERSEAL®
FOOD CONTAINERS

fantastic FURS

Even if you can't afford a fur coat, you can still enjoy this luxurious material. This year's selection of stunning fur accessories is sure to enhance and update your winter wardrobe. Animal prints—tiger, giraffe and leopard stenciled on calfskin—are used with fur innovative ways. Printed calf is sometimes just glimpsed at the crown of a hat howcasing mink, fox or Persian lamb. Stenciled fur has also found its way onto narrow broad-brimmed safari hats (very trim and 1950s-looking); matching scarves are lined ith jersey or quilted leather. Snakeskin mixed with fox or mink for matching hats and uffs is another dramatic combination. At top hat designer Lenore Marshall, the trend is ward unconstructed hats. Gone are stuffing and rigidity, so these hats and flings are ghtweight, bendable. An old stand-by, the beret, is updated in crushable mink and eaver. The ultraluxe looks: large, Russian-style hats with open crowns in mink, fox or ible worn with a leather tartar hat underneath or a silk scarf wrapped around the head. r high drama try a swept-off-the-face fur-brimmed headpiece decorated with beads. orn with a superwarm fox scarf sporting thirteen matching tails, these hats and fur ccessories really turn heads. Also special this year are cashmere gloves edged with fox nd earmuffs of brightly colored dyed fox in purple, red, blue, green.



An accessory like a fox fling can be as glamorous as a fur coat

Silva-Cone for the American Fur Industry

WIN A LUXURY CARIBBEAN CRUISE FOR TWO!



IN-SINK-ERATOR

PerformancePlus

SWEEPSTAKES

Hundreds of other prizes, too:*

The grand prize: CUNARD A 7-day fly/cruise vacation for two on Cunard Countess, the Caribbean's showcase luxury liner, with stops at exotic ports of call. **To enter:** Just pick up your entry form at participating In-Sink-Erator dealers. (Or mail your name and address, and your In-Sink-Erator dealer's name and address on a 3" x 5" card to Performance Plus Sweepstakes, P.O. Box 4500, Northbrook, IL 60065.)

See the new Performance Plus disposers at your In-Sink-Erator dealer. They're built better. Designed better. And backed by our most extensive warranties ever. For replacement or kitchen remodeling, they're your best choice.



*No purchase necessary. If you win, your In-Sink-Erator dealer also wins an identical trip or prize. Sweepstakes ends April 15, 1988. Rules available at participating In-Sink-Erator dealers. Void where prohibited. Cunard Countess is of British Registry

IN-SINK-ERATOR®

Built better. Backed better.

COOKING FOR TODAY continued from P.S. 2

2 tablespoons butter or margarine
1 tablespoon salad oil
1 leek, white part only, chopped
3 parsnips, diced
1 tablespoon flour
1 teaspoon brown sugar
3 cups chicken broth
½ cup half and half cream
½ teaspoon freshly ground pepper
Pinch salt
Chopped parsley, for garnish

In large saucepan heat butter or margarine and oi over medium-high heat. Add leek and parsnips; saut 3 minutes. Sprinkle on flour and brown sugar. Cook stirring, 1 minute. Gradually add chicken broth, stir ring. Bring to a boil. Reduce heat, cover and simme 10 to 15 minutes, until parsnips are tender. Transfe to blender and puree. Return to saucepan. Stir i cream, pepper and salt. Cover and cook over medium low heat until heated through. Do not boil. Garnish with parsley. Makes 4 cups, 225 calories per cup.

SUPER PEA SOUP

Prep time: 10 minutes
Cooking time: 20 minutes

2 packages (10 oz. each) frozen peas
2 cups shredded iceberg lettuce
2 cups chicken broth
2 tablespoons butter or margarine
½ teaspoon curry powder
¼ teaspoon salt
¼ teaspoon freshly ground pepper
1 cup half and half cream
Chopped mint, for garnish

In large saucepan over medium-high heat combin peas, lettuce and chicken broth. Simmer 10 minutes Add butter or margarine, curry powder, salt and pep per. Transfer to a blender container and puree i batches. Strain, if desired. Return to saucepan and sti in cream. Cover and cook over medium-low heat unti heated through. Do not boil. Garnish with mint Makes 8 cups, 130 calories per cup.

MELBA TOAST

Prep time: 5 minutes
Baking time: 1 hour

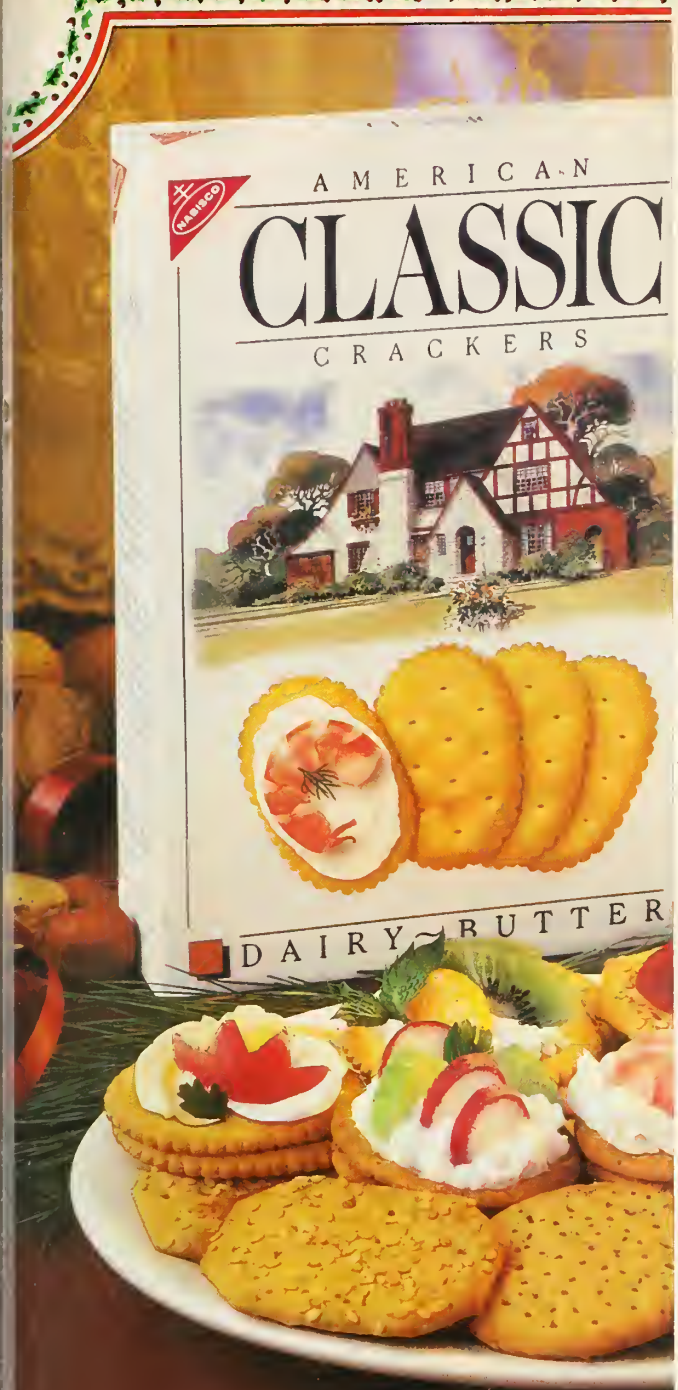
Preheat oven to 250°F. Trim crusts from 8 very thi slices firm-textured white bread. Cut each slice into squares and place on a cookie sheet. Bake until dr and lightly browned, about 1 hour. Cool completely Store in an airtight container. Makes 32 melb squares, 30 calories each.

Parmesan: In small bowl combine 4 tablespoons soft ened butter and 3 tablespoons grated Parmesa cheese. Spread lightly on one side of each trimme bread slice. Cut each slice into squares and proceed a directed above.

Herb: In small bowl combine 4 tablespoons softene butter and 3 tablespoons chopped fresh dill or 1 tea spoon dried. Spread lightly on one side of eac trimmed bread slice. Cut each slice into squares an proceed as directed above. **En**

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BRING THE Q
AMERICAN CLASS
HOME FOR THE

Introducing American Classic C
varieties of exceptional quality
Cracked Wheat, Golden Sesame

QUALITY THAT'S WELC

SEE INSIDE FLAP FOR

MANUFACTURER'S COUPON | EXPIRATION DATE 3/31/88

CONSUMER: Coupon must be accompanied by the required purchase. It may not be copied or transferred. No other coupon may be used with this coupon to purchase the same package(s). **RETAILER:** To obtain face value + 8¢, send to Ralston Purina Company (RPCo.), P. O. Box 1001, Mascoutah, IL 62224. Coupon must be redeemed in accordance with RPCo.'s coupon redemption terms, a copy of which has been provided to retailer and is available upon request by writing to RPCo., P. O. Box 1000, Mascoutah, IL 62224. The consumer must pay sales tax. Good only in USA, APO'S, FPO'S. Void where prohibited/taxed/restricted. Cash Value: 1/20¢.

©Ralston Purina Company, 1987

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0¢ 20¢ 0¢ 20¢

CHEX® PARTY MIX brand CAJUN

½ cup (1 stick) butter or margarine
1 tablespoon parsley flakes
1 teaspoon celery salt
1 teaspoon garlic powder
½ teaspoon cayenne pepper
4 to 8 drops hot pepper sauce
2⅔ cups Wheat Chex® cereal
2⅔ cups Corn Chex® cereal
2⅔ cups Rice Chex® cereal
1 can (2.8 oz.) french fried onions (about 1¼ cups)

Preheated 350° oven. In 15 x 10 x 2-inch baking pan melt butter in oven. Remove. Stir in parsley, celery salt, garlic powder, cayenne and pepper sauce. Gradually add cereal, stirring until all pieces are evenly coated. Bake 20 to 25 minutes, stirring every 10 minutes. Add onions, mixing well. Spread on absorbent paper to cool. Store in air tight container.

Microwave Directions*: In 3½-quart microwave bowl melt butter on HIGH 1 minute. Stir in parsley, celery salt, garlic powder, cayenne and pepper sauce; mix well. Gradually add cereal, stirring until all pieces are evenly coated. Cook on HIGH 3½ to 4½ minutes, stirring every 1½ minutes. Add onions. Cook an additional 1½ minutes. Spread on absorbent paper to cool. Store in air tight container.

* A 650 watt microwave was used. For other wattage ovens, time may need to be adjusted.

Makes 9 cups.

NOT A STORE COUPON

25¢ 25¢

ROSE'S® LIME JUICE
CREATE A SPLASH!™
with a Melon Cooler



In a blender combine:

- 2 ounces white wine
- 4 ounces watermelon, cantaloupe, or honeydew melon
- ½ ounce Rose's Lime Juice
- ½ ounce Rose's Grenadine
- ½ cup ice (best if crushed)

Blend until smooth. Pour into a tall glass.

5¢ 0¢ CONTINUED 5¢ 0¢

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5¢ FREE 5¢ FREE

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B 17963312

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MERRY CHEX® MIX brand



TRADITIONAL CHEX® brand PARTY MIX

½ cup (1 stick) butter or margarine
1¼ teaspoons seasoned salt
4½ teaspoons Worcestershire sauce
2⅔ cups Corn Chex® cereal
2⅔ cups Rice Chex® cereal
2⅔ cups Wheat Chex® cereal
1 cup salted mixed nuts

Preheated 350° oven. In 15 x 10 x 2-inch baking pan melt butter in oven. Remove. Stir in seasoned salt and Worcestershire. Gradually add cereal and nuts, stirring until all pieces are evenly coated. Bake 20 to 25 minutes, stirring every 10 minutes. Spread on absorbent paper to cool. Store in airtight container.

THE UNCOMMON DENOMINATOR.™



Rose's. A 19th-century lime juice that's making quite a splash in 20th-century drinks of every description. Rose's® Lime Juice adds a refreshing twist to everything from sparkling water to iced tea to your favorite beer. Which is why adding a splash of Rose's to your beverages makes uncommonly good sense. ROSE'S LIME JUICE.

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MANUFACTURER'S COUPON | EXPIRES MAY 31, 1988

Save 20¢

on your next purchase of "M&M's"® Plain or Peanut Chocolate Candies 8 oz. or larger



MAIL-IN CERTIFICATE | NOT A STORE COUPON

m&m's™ STUFFED TOY

FUN FRIEND

ONLY $9.95 PLUS THREE PROOFS OF PURCHASE



See details on back

MANUFACTURER'S COUPON | EXPIRATION DATE: 6/1/89

Save 25¢

on any of Stouffer's® five New Tortellini Entrees.

147005



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MANUFACTURER'S COUPON | EXPIRES 1/31/88

Save 25¢

on any flavor of new Keebler® E.L. Fudge™ Sandwich Cookies



fudge, peanut butter or vanilla creme fillings

MANUFACTURER'S COUPON | EXPIRES 1/31/88

Save 25¢



on one package of Keebler® E.L. Fudge™ buttery, fudge covered, shortbread cookies

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THE TORTELLINIS

Five wonderful varieties of pasta pockets made from scratch, with golden wheat or fresh spinach. Filled with veal or imported cheeses. And laden with creamy Alfredo, tangy herb tomato, or zesty vinaigrette sauce. Stouffer's® Tortellinis. Great-tasting new pasta entrees that are as good as can be.

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Santa's always happy to see the elves.



If anyone deserves a snack on Christmas Eve it's Santa. And what could be better than an assortment of Keebler® elf-shaped E.L. Fudge™ Cookies? They're Santa's favorite because in addition to being shaped like elves, they taste uncommonly good. So do something nice for Santa and he just might do something very nice for you.

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Make it Chocolate!

WITH HERSHEY'S SYRUP
PRESTO'S ICE CREAM MAKER

CHOCOLATE SYRUP ICE CREAM

1 envelope unflavored gelatin
¼ cup cold water
½ cup milk
6 tablespoons sugar
¾ cup HERSHEY'S Syrup
1 cup chilled light cream
1 cup chilled whipping cream
1 tablespoon vanilla extract

In medium saucepan sprinkle gelatin over cold water; let stand 5 minutes to soften. Add milk and sugar, cook over medium heat, stirring constantly, just until gelatin and sugar are dissolved. Remove from heat, add syrup. Cool 10 minutes; add light cream, whipping cream and vanilla. Chill thoroughly. Freeze in ice cream freezer according to manufacturer's directions. 1 quart ice cream.



PRESTO® Electric Ice Cream Maker requires no ice or salt. Simple, quick, easy way to make homemade ice cream.

Hershey's is a registered trademark

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Cut the word "HERSHEY'S" fr
SYRUP, and mail these two proof
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TOLL HOUSE
REAL SEMI-SWEET CHOCOLATE
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Nestlé
NET WT 12 OZ
HOUSE MORSELS

Knox
The Original Unflavored Gelatine

'Tis the season to give in to somethi
Chocolate Brownie Torte made with Ne
Clip the recipe to the right. For more co
KNOX TEST KITCHENS, 800 Sylvan Ave

20¢ MANUFACTURER'S COUPON EXPIRATION DATE. June 30, 1988 20¢

Save 20¢



on 16 oz.
HERSHEY'S Syrup

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ON THREE OR MORE BARS OF BATH OR REGULAR SIZE
OR
TWO BARS OF FAMILY SIZE



AVAILABLE IN GOLD, WHITE, ALMOND, BLUE

THE DIAL CORPORATION

25¢ 25¢

40¢ MANUFACTURER'S COUPON EXPIRES 12/31/88 40¢

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FREE

Get one FREE when you buy any
3 cans of



Amoré® Cat Food

FREE FREE

NOT A STORE COUPON

Knox®

Knox Chocolate Brownie Torte



1 box (1 lb. 7.6 oz.) brownie mix
1 envelope Knox Unflavored Gelatine
¼ cup cold water
¾ cup milk
1 bag (12 oz.) semi-sweet chocolate morsels*
¼ cup sour cream
¼ cup sugar
1 egg
2 teaspoons vanilla extract

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'Round the Clock and Through the Year...

...Best Wishes

FROM THE DIAL FAMILY

Get 'Round The Clock deodorant protection with the winning combination.

- Dial Soap, America's #1 deodorant soap
- Dial Anti-Perspirant/Deodorant helps keep you dry all day

Holiday love, with savings from Amoré®

We use the best ingredients in the tastiest recipes we can find. We cook them with care and love that can be seen, smelled and tasted.

Amoré® Give your cat a little love, every day.

TRUSTWORTHY HARDWARE STORES

Christmas Sale

We're the Problem Solvers!®

Because Trustworthy stores vary in size, some may not stock all items shown. Prices may be slightly higher in Alaska and Hawaii. Sale prices good through December 24, 1987



Vermont American

26" Premier™ Hand Saw 14.99

Bevel sharpened teeth. Taper ground blade reduces binding. Wood handle. 65951



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hermogrip™ Cordless Glue Gun 19.99

lo cord to get in the way. lses cord for big gluing jobs. Vith charging stand. T.G.C.

EMHART

Sale Price 12.99
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Pop® Rivetool Kit

Fast one sided fastening for metal, vinyl, etc. With 175 assorted rivets. K107



STANLEY

6 Pc. Thrifty™ Screwdriver Set 2.99

2 phillips, 4 straight tips with tough plastic handles. Includes storage rack. 64-457

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VISE-GRIP® Gift Set

5" and 10" locking pliers with curved jaws and built-in wire cutters. 215G



shop-vac®

16 Gal. High Performance Wet/Dry Vac 74.99

With FREE Accessory Kit

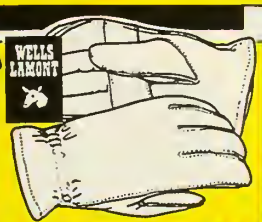
Includes 6' x 2½" hose, two 20" extension wands, and utility nozzle. 808-29-5



EVEREADY

alogen lashlight Vith Batteries 6.99

00% brighter. Water-proof. ull lifetime warranty. With 2 'D" batteries. 2251WB-E



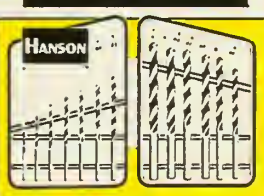
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"Grips" Unlined Work Gloves 7.99 PR.

Patented precurved design. Split leather. 1010L, M,LM

Lined "Grips" 9.99 PR.

1020L, M, LM

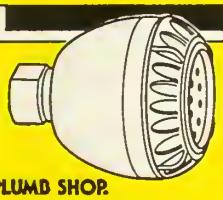


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Sale Price..... 11.99
Your Cost After Rebate
Less Rebate..... 3.00
8.99

13 Pc. Drill Bit Set

Fractional sizes 1/16" through 1/4". 60134



PLUMB SHOP.

Shower Fresh™ Massage Action Shower Head 9.99

Spray adjusts from relaxing to stimulating. Full spray pattern from low to high water pressure. PS2573



Toastmaster

Family-Size Griddle 44.99

Large, 20" x 10¼" Silver-Stone® non-stick cooking surface. 873



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Pc. Steak Knife Set 24.99

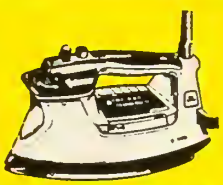
Solid walnut handles. High carbon stainless steel blades won't rust or corrode. B144



Devcon DUCO CEMENT

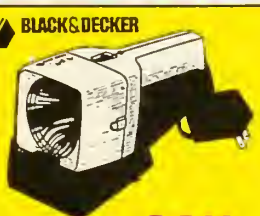
Household Cement 99¢

Easy to apply. Dries fast, clear and tough. Not affected by heat or cold. 6242P



Automatic Shut-Off Iron 32.99

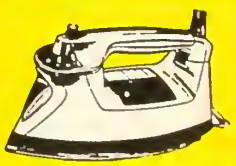
Shuts off if not moved for 10 minutes. SilverStone® non-stick soleplate. F416WHS



BLACK & DECKER

Rechargeable Spotlighter™ 22.99

Stores in charging unit. Krypton bulb is 70% brighter than standard bulb. 9360



Light 'N Easy® Steam & Dry Iron 12.99

Break-resistant, cooler-touch shell. 27 vent, polished aluminum soleplate. F363BED

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liser™ Floodlight

r energy saving lighting.
150PAR/FL/120WM
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$1.00 Rebate With purchase of 3 bulbs.

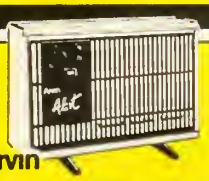
Soft-White 3-Way Light Bulb 1.69

Soft-white reduces glare. 30, 70, 100 watts or 50, 100, 150 watts. 30/100, 50/150



Inside Frost Light Bulbs 1.49 4-PK.

Standard light bulbs in your choice of 40, 60, 75, or 100 watts. 40A, 60A, 75A, 100A



Arvin

Sale Price .... 46.88 Your Cost After Rebate
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Alert™ Portable Electric Heater

2 heats—1250/1500 watts. Audible alarm and alert light warn of overheating. 30H50



pelonis disc furnace

Disc Furnace™ 159.99

Small but powerful. Ceramic discs heat a whole room with low operating costs. P86ITC

Sale prices good at participating stores. Check the Yellow Pages for the Trustworthy store nearest you!

TRUE STORY



EVERYBODY SMILES AT Santa

When my son dresses up as Santa Claus every Christmas, his handicap suddenly doesn't seem to matter so much anymore

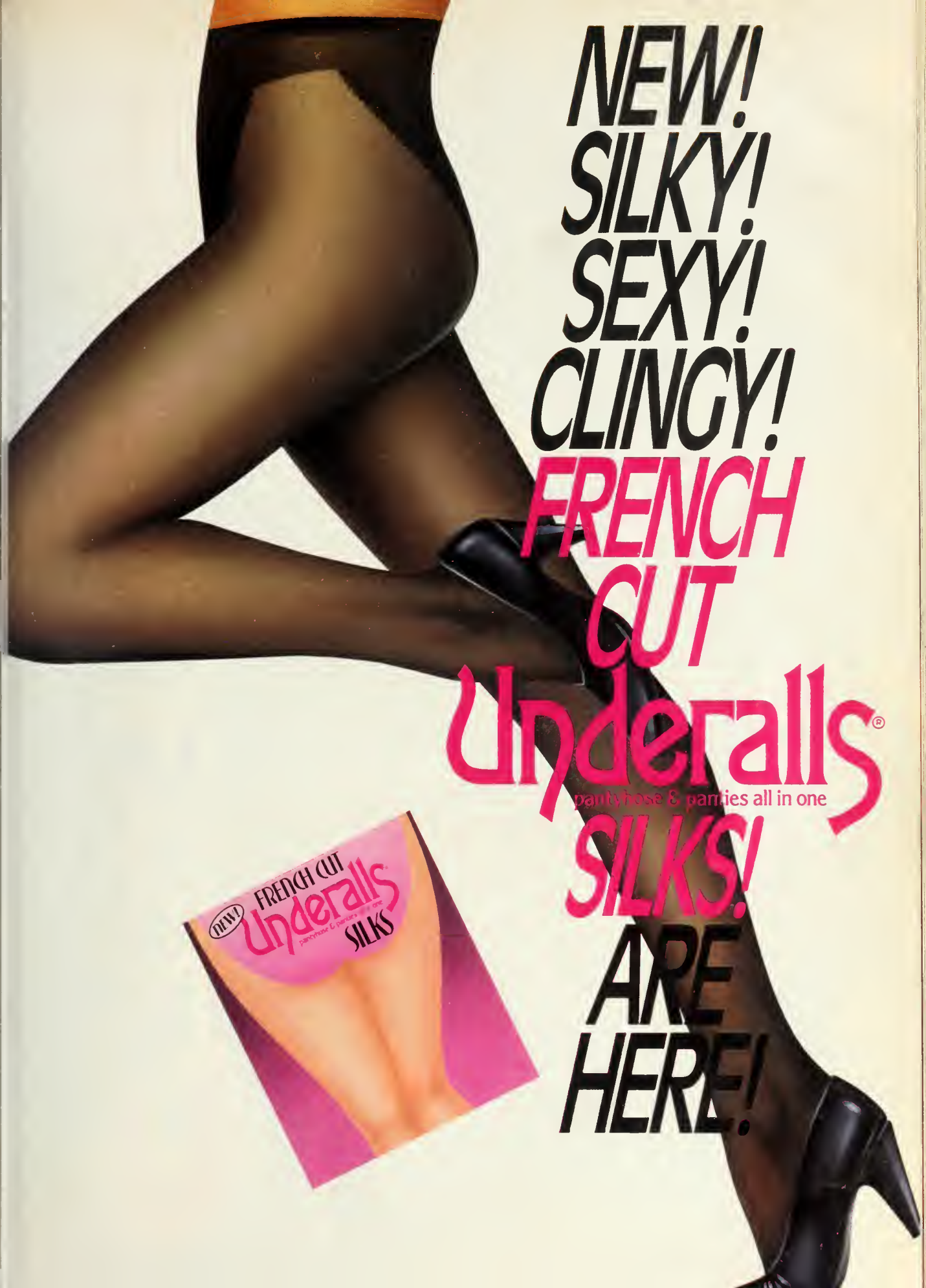
By Rhoda Riddell

"What do you want for Christmas?" I asked Stevie.

He pondered the question silently. He hadn't learned to speak until he was seven, and now, eight years later, he knew few words with which to answer me. And after his three years in the state hospital for the mentally handicapped, perhaps the idea that he could name whatever he wanted was beyond him. He clutched his hands together as he had been taught, to still the palsy, and asked, "Would my Santa suit still fit?"

I shook my head. Almost fifteen, he was nearly six feet tall and rail thin.

He was silent, head bent, wringing his hands as he always did when he was anxious, but I understood that he wanted a Santa Claus outfit like the one Grandma had made for him when he was eleven. That Christmas day, when all the other children in our apartment building ran out to play in their new cowboy or Indian outfits, Stevie strutted forth clad in red flannel pants and *(continued on page 216)*


NEW!
SILKY!
SEXY!
CLINGY!
FRENCH CUT
Underalls®
pantyhose & panties all in one
SILKS!
ARE HERE!
NEW!
FRENCH CUT
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SILKS

KIDS LOVE IT. CAVITIES HATE IT.

Half the battle of fighting cavities is getting kids to brush.

But now there's a new weapon.

New Crest For Kids. It tastes so great, kids actually enjoy brushing with it. (If you can imagine that.)

Of course, while they're brushing, they're getting the important cavity protection you've come to expect from Crest.

Try new cavity-fighting Crest For Kids. The flavor is so irresistible, once kids taste it, they'll rush to brush.

The dentists' choice for fighting cavities.



"Crest has been shown to be an effective decay preventive dentifrice that can be of significant value when used in a conscientiously applied program of oral hygiene and regular professional care." —Council on Dental Therapeutics, American Dental Association. © P&G 1987.



DECEMBER

by John Updike

First snow! The flakes,
So few, so light,
Remake the world
In solid white.

All bundled up,
We feel as if
We were fat penguins,
Warm and stiff.

Downtown, the stores
Half split their sides,
And Mother brings home
Things she hides.

Old carols peal.
The dusk is dense.
There is a mood
Of sweet suspense.

The shepherds wait,
The kings, the tree—
All wait for something
Yet to be,

Some miracle.
And then it's here,
Wrapped up in hope—
Another year!

Michael Watson

CHRISTMAS TAKES THE CAKE

Fun-to-eat centerpiece cakes that the kids can help you bake! Recipes for these and the festive wreath cake on page 137 begin on page 164.



SWEET STOCKING

A fancy stocking stitched up with red licorice lace, decorated with gold and silver dragées and overstuffed with cookies.

By Susan West

ur charming fellow is all
ressed up in a red and
hite icing suit studded
ith gum balls, jelly
eans and sugar wafers;
e sports a candy cane.

OLLY SANTA



CHRISTMAS TAKES THE CAKE

Creating this delight is as much fun as trimming a *real* tree! Edible ornaments include marzipan candy balls and cookies.

TREE TREAT





SMILING FROSTY

We know you'll agree, a snowman's never looked better . . . with a pretzel-stick broom and a marzipan nose and two eyes made out of raisins!

JIMMY STEWART

It's a wonderful life

A special holiday visit with one of Hollywood's greatest legends as he reflects on his career

By Susan Granger

He is the last of the big-screen idols, a holdover from the days when men like John Wayne, Gary Cooper, Cary Grant and Henry Fonda loomed as big as the Hollywood Hills. But if James Maitland Stewart is an American hero, the seventy-nine-year-old star seems to be the only person who doesn't know it. "I've never sat down and said to myself, 'You've made it, congratulations!' " he insists. "I've always felt I had a job in the movies, and I did it. That's all."

This is the kind of humble response I've come to expect from Jimmy Stewart. My parents are among his closest friends, and we've spent the holidays with him since I was a child. Visiting Jimmy and his wife, Gloria, in their Tudor-style home in Beverly Hills has always been a highlight of my family's year, full of warmth and pleasant surprises. Last year, when we shared Thanksgiving dinner with the Stewarts, I told Jimmy I'd just seen his holida classic, *It's a Wonderful Life*, fo the hundredth time. Jimmy smile and admitted shyly that like th rest of America, he also watche the film every year. "I just saw this morning," he said with a wink.

That's Jimmy Stewart—a charming, funny man who is full o surprises. Publicly, he is quiet warm and kind. Privately, he i even droller and more down-to earth. And he still does the bes Jimmy Stewart impersonation i Hollywood. "I can hem and haw and 'waa . . . waa'll . . . ' much worse than Rich Little!" he jokes.

There are many other facets t Jimmy Stewart the public doesn' know. Did you know that afte more than fifty years as an actor he still suffers from stage fright? Or that despite his great wealth he owns an eight-year-old green Volvo and washes it himself in his driveway?

Jimmy could easily afford a flee of limousines if he wanted, but the pursuit of wealth and luxury has never been his top priority. Fo more than thirty years, he and Gloria *(continued on page 207)*







Tony Kent



Movie Star News



Jimmy Stewart in front of his photo gallery. Other keepsakes (from far left): bronze elephant statue from Africa; photo with a note from the Reagans, of Jimmy in front of a replica of Harvey the rabbit; the 1985 Golden Boot Award from the Motion Picture and TV Fund; photo from Henry Fonda of Jimmy's horse, Pie; a stuffed Christmas bear; and a scene from *It's a Wonderful Life*, with Donna Reed

THE BUSY WOMAN'S GUIDE TO THE HOLIDAYS

By *LHJ's* Beauty, Food, and Decorating department

Season's greetings! Christmas is just around the corner, and we *know* how busy you are. So to help you handle the most hectic weeks of the year, here's our special gift to you: the fastest, easiest ideas ever for holiday food, fashion and decorating, plus activities for the kids and lots more. For extra Christmas tips turn to page 196. Enjoy!



Mark Thomas

quickie dip

Have guests and just got home from the office? Fix this tuna-cucumber dip: In food processor combine 4 ounces cottage cheese, half a cucumber, peeled, seeded and cut up, ¼ cup chopped green onion, ¼ cup dill sprigs, 2 tablespoons sour cream, 4 anchovy fillets and 1 tablespoon lemon juice. Process until just blended but not smooth. Add 1 can (7 oz.) tuna in oil, drained, and 1½ teaspoons capers; pulse briefly. Makes 2 cups. Serve with crudités.

just-in-case presents

Don't be caught empty-handed when a friend drops in with a gift for you. Keep several small presents in the house, such as potpourri or scented candles, imported mini-mustards or jams, datebooks, quaint tree ornaments, paperback best-sellers, a box of pretty stationery. Be sure they're already wrapped, so all you have to do is sign a card.



Tom Arma

tell a tale

or old-fashioned family enjoyment the ids will love, get out your copy of ickens's *A Christmas Carol* nd, beginning on December), read aloud one chapter a ight (when everyone's pajamas and sip- ing cocoa). You'll nish on Christ- mas Eve with iny Tim's lessing.

Andrea Alberts

go for bows!

For instant evening style, wear black dressed up with bows. ■ Tie hair back with an oversize black bow in velvet, satin or grosgrain. ■ Opt for a black sweater in angora or cashmere with a fancy neckline or decorations (the covered-with-bows style above is fun). ■ Complete the look with sheer black seamed hose, black velvet pumps.



Wreaths by Sara Foster.

easy wreaths

Nothing says Christmas better than graceful, welcoming wreaths. This year why not create homemade ones? Great for decorating your home or giving to friends and relatives. Try this quick and easy way to make them out of dried fruit and herbs: Start with a grapevine wreath (you can find them at many florists' shops). To create the dried herb wreath above, just attach a variety of dried herbs to the vine with florist's wire. For the dried pear wreath (left) secure dried pears to vine with toothpicks; attach dried flowers and a big gold bow with florist's wire.



recharge!

Parties abound this time of year. Here, tips for looking wide-awake fresh after a long day. ■ Do ten minutes of aerobics. ■ Shower using a tingly scented cleanser. ■ Give face a lift with a ten-minute clarifying masque. ■ Brighten eyes with a chilled gel-filled mask. ■ Set hair for five minutes with hot rollers. ■ Dab on lots of fragrance and go!



Andrea Alberts

BUSY WOMAN'S GUIDE

fast truffles

Our favorite fast recipe: In food processor chop 12 ounces chocolate chips until fine. In saucepan combine ¼ cup heavy cream with ¼ cup raspberry liqueur; heat to boiling. With motor on, pour in cream mixture; process until chocolate is melted. Pour into small foil candy cups. Refrigerate until set, about 30 minutes. Makes about 4 dozen.

red-hot sizzle

Be a scarlet woman this season in bold, sexy red Whether you wear it head to toe or in vibrant accessories, it's sure to heat up your holiday look. ■ Pair a red satin turtle with a tailored black velvet smoker. ■ Wrap yourself in a red cashmere shawl to add drama to a navy or gray suit. ■ A red suede clutch is newsy, shows off perfectly manicured red nails. ■ Add sparkle to side-parted waves with red enamel-and-rhinestone earrings. ■ Count on red lipstick for up-to-the-minute sizzle. Team with neutral, barely-there eyes and cheeks.



kitchen gifts

pirited Strawberry-Orange Sauce: In me-ium bowl combine 1 jar (12 oz.) straw-erry preserves with ⅓ cup orange mar-alade, 5 tablespoons orange-flavored queur and 1 tablespoon lemon juice; stir. our into a jar with a tight-fitting lid. lakes 1⅔ cups. Tell recipient to heat and erve over ice cream, refrigerate leftover.



Photo, Mark Thomas.Fans created by Melinda Hackett. Photographed at Pierre Deux

fan-tastic!

Our easy-to-make tiny fans can be used as ornaments: Cut a piece of thin cardboard 2″ x 4.″ Glue a 2″ x 4″ piece of decorative paper to one side of cardboard. Let dry. Fold along short sides in quarter-inch accordion pleats. To form fan shape, secure pleats at bottom by wrapping with wire. Form extra wire into a loop for a hanging ornament. Trim with lace, beads or ribbons.

GREAT PARTY STYLE

The holidays are hecti enough without worryin about what to wear. Here' a fashion guide for tw weeks of special occasion

DECEMBER 15

Office party— I hope I look as good as my Christmas bonus!



Bico Stupakoff

Your office party is coming u and looking right is all-impor tant. You want to be elegan and feminine and to stand ou in the crowd. What to wear? W suggest the classic appeal of a pal suit (inset left). Works like makeu to enhance skin tone—pure flat tery! For a festive family gathering ga far dressed-up color and fabri in a comfy style, like the sapphir three-piece silk damask suit a right. Makeup, left, by Caty; right by Avan. Details on page 174

Hair by Stephan Lempire for Marek; makeup by Harie von Wijnberge for Zoli Illusions;; models, Melanie Kremser and Peter Moore of Click.



By Lois Joy Johnson, Beauty and Fashion Editor

DECEMBER 24

Christmas Eve at my parents'—
We're all dressed up
for a wonderful evening

GREAT PARTY STYLE

When you're the host
ond you wont to comb
going-out glomour with
home ease, invest in o
suol-but-clossy outfit like the p
lombswool rhinestone-stude
cardigon ond pink wool/rayon tr
sers below. And on New Ye
Eve, why not kick up your heel
sexy red? The super silk cr
peplumed tunic ond mini ot ri
pair knockout color with fli
focus-on-legs style. Mokeup, l
by Revlon. Details on page T

DECEMBER 25

Our own Christmas party—
What could be prettier or more welcoming?



Bico Stupakoff


ECEMBER 31
lew Year's Eve —
Time to celebrate! I want to look
bulous for my favorite guy

Superstar BUFFET

The honor of your presence is requested at a gala dinner catered by everyone's favorite celebrities. They share their recipes for hors d'oeuvres, entrees and desserts so your holiday entertaining will be star quality! Recipes—with do-ahead directions—begin on page 173.



y. Gunner/Sygma

Paul Newman

Appetizers

Paul Newman's Ratatouille
Cybill Shepherd's Hot and Spicy Beef
Beverly Sills's Latkes with Cranberry-Apple Ketchup
Victoria Principal's Marinated Cherry Tomatoes

Entrees

Angela Lansbury's Shrimp Casserole à la Jessica
Jill St. John's Veal Paprika
Oprah Winfrey's Broccoli and Pasta
Mary Frann's Stratford Inn Salad



Oprah Winfrey



Michael Evans/Sygma

Nancy Reagan

Desserts

The Reagans' Winter Fruit with Orange Sauce
Dinah Shore's Gâteau au Chocolat

Food photos, Thom DeSanto. Prop stylist, Debrah Donahue. Food stylist, A.J. Battifarano.





Ralph Dominguez/Globe Photos

Victoria Principal
starts her parties off with zesty tomatoes





E. Sanderson/Shooting Star

Jill St. John
serves guests delicious veal and noodles





Allan Ross

Dinah Shore
treats friends to a divine chocolate cake



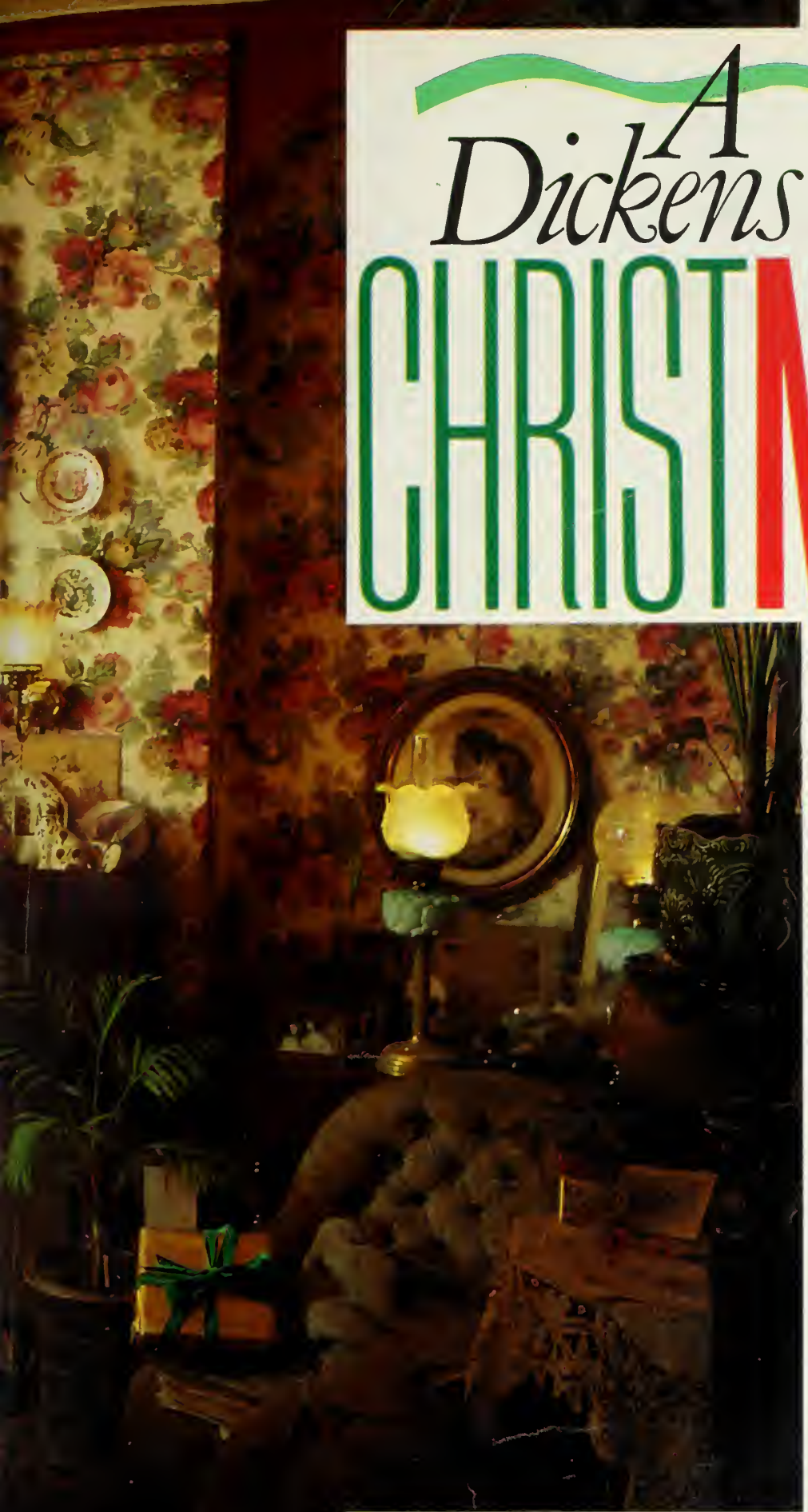
Deck the halls with boughs of holly and grace the walls with luxurious red bows if you want to adorn your home Victorian style! Other quaint old-time touches? In the parlor of the London home at right we found a tree festooned with chains of shiny golden balls and candles. It sits on a table swagged with antique lace and ribbons. In the dining room above is a bountiful display of fruits and nuts.



Michael Dunne

Stylist, Claudia Halle. Air transportation provided by British Airways; hotel accommodations provided by the Dorset Square Hotel. Details, page 174





A Dickens of a CHRISTMAS

No one celebrates Christmas more appealingly than the British. Just think of Dickens's *A Christmas Carol* and the many merry Victorian traditions we still cherish. To capture this Yuletide spirit we went to London at holiday time and returned with made-in-England decorating ideas—inspiration for trimming your home the old-fashioned way, with style and charm!

BY MARILYN D. GLASS, DECORATING AND DESIGN EDITOR



A Dickens of a CHRISTMAS





...And a partridge in a pear tree! This glamorous home outside London has its very own pear tree in the living room (above)—the bare branches are dressed up with small pears and tiny lights. The Christmas tree (left) is bedecked with angel hair, snowflakes and doves. We love the Victorian Santa waiting by the fireplace! An antique dollhouse (below) is surrounded by enticing gifts.



Michael Dunne

Children's furniture, toys under tree, Circus-Circus; dollhouse with furniture, the Dolls House; chocolates, the Covent Garden General Store. Details, page 174.



A Dickens of a CHRISTMAS

The children were nestled all snug in their beds . . . anticipating a warm and cozy English Christmas in this enchanting country cottage. The huge stone fireplace in the library (above) tempts Santa with garlands of gingerbread men and pretzels! The tree in the dining room (right) is decorated simply with stars, cookies and silver balls. Below, a traditional tea that would make even Scrooge merry!



Michael Dunne

Lace table runners, lace pillows in living room, Lunn Antiques; toys in library, Circus-Circus; food, the Covent Garden General Store. Details, page 174.



CHRISTMAS at my house



The best-selling author's delightfully funny, heartwarming memories of everyone's favorite family holiday



Tom Arma

By Erma Bombeck

From FAMILY: THE TIES THAT BIND . . . AND GAG! Copyright © 1987 by Erma Bombeck. Reprinted by permission of McGraw-Hill Book Co.

I need the phone,'' I said as I checked my watch nervously.

My daughter looked disgusted, said her good-byes and hung up.

''What's the emergency?''

''I always call Grandma at eleven every day. It will only take twelve seconds. Trust me,'' I said as I dialed.

''Mother, how's . . . ''

Grandma: ''Fever's down, cold gone. Instant relief. You?''

''One bedroom, LR to go. Going out?''

Grandma: ''Yes.''

''Dad?''

Grandma: ''One birdie, one bogey, two beers. Serviceman arrive?''

''Negative.''

Grandma: ''Heard from B. R. Tues.''

''Who's B. R.?''

Grandma: ''Letter to follow. This is costing you a fortune. Love you.''

''Ditto.''

As I hung up, my daughter said, ''That's the most incredible conversation I've ever heard in my life. What's the hurry?''

''Ever since Grandma found out I'm a toll charge, and it costs twelve cents a minute to call here, she's been talking like a want ad.''

''And you call her every day!'' she said incredulously. ''What do you have to talk about?'' *(continued on page 210)*



Thom DeSanto

LHJ's COOKIE COLLECTION

By Jan Turner Hazard, Food and Equipment Editor





Calling all bakers—feast your eyes on our best assortment of Christmas cookies ever! We've created ten basic recipes, including lacy Florentine, buttery shortbread, easy drop, melt-in-your-mouth meringue and old-fashioned gingerbread, plus a big batch of variations. So whether you're a novice or a pro, baking a few or a slew, we know you'll agree—cookies this terrific are worth waiting all year for! Our pull-out cookie book begins on page 181.

Prop stylist, Karin Frey. Photo, Beth Galton.



CHRISTMAS CAKES

continued from page 141

Our edible centerpieces will be the hit of your Christmas festivities. For sure success, read the following hints and piping techniques before you begin. Here's wishing you and your family a sweet holiday!

1. Read through entire recipe.
2. For cookies used for decorations, follow the Basic Sugar Cookie recipe from the Cookie Collection (see page 186). Cut specific shapes indicated in cake recipe using cookie cutters. Decorate with Basic Decorative Icing (see page 188).
3. If you don't have a platter large enough for the cake, try using a large piece of foil-covered cardboard.
4. For easier cutting and frosting, freeze cakes after cooling, at least 3 hours.
5. Use pieces of uncooked spaghetti and dabs of frosting as "glue" to secure cake pieces together. It's unnecessary to remove the pasta because it's edible.
6. To prevent cracking, press all decorations into frosting while it is still *wet.*
7. Before decorating, practice piping patterns on a sheet of wax paper.
8. If frosting is too thick to squeeze through the bag, add milk. If frosting is too soft, add confectioners' sugar.

Below are the piping techniques for patterns we used on our cakes.

STAR: Use bag fitted with star tip. Hold bag at 90° angle with tip slightly above cake. Squeeze bag using steady pressure to form a star, then stop pressure and pull tip away. For *Star Border*, pipe stars in a row touching each other.

ZIGZAG: Use bag fitted with star tip. Hold bag at 45° angle with tip just touching cake. Squeeze using steady pressure, moving in a side-to-side motion to form a zigzag line.

SHELL: Use bag fitted with star tip. Hold bag at 45° angle with tip slightly above cake. Squeeze bag using steady pressure a slightly lift tip as frosting builds. Rel pressure and pull frosting down to a poi For *Shell Border*, begin each new shell rectly over point of previous shell.

PULLED SHELL: Use bag fitted with star t Hold bag at 45° angle with tip slight above cake. Squeeze bag as if you we making a shell, pulling tip and relaxi pressure to make a point before lifting ba

REVERSE SHELL BORDER: Use bag fitted wi star tip. Hold bag at 45° angle with t slightly above cake. Squeeze bag as if y were making a shell, then swing tip to t right in a semi-circular motion as you rel pressure. Repeat procedure but swing tip the left as you form tail. Continue alterna ing shells from right and left.

RIBBON STRIPE: Use bag fitted with ba ketweave or star tip. Hold bag at 45° ang with serrated side of tip facing up and t slightly above cake. Squeeze bag usi steady pressure to form a stripe. Wh



Try these fast and festive recipes made with Campbell's Soup. They're sure to be a hit over the holidays.

FESTIVE SHRIMP & FETTUCINI

2 tbsp. butter
1 lb. medium shrimp, shelled and deveined
½ cup diced green pepper
1 large clove garlic, minced
⅛ tsp. crushed red pepper
1 can (11 oz.) Campbell's Zesty Tomato Soup/Sauce
½ cup water
1 tbsp. wine vinegar
Hot cooked fettucini

1. In skillet over medium heat, in hot butter, cook shrimp and green pepper with garlic and crushed red pepper until shrimp turn pink.
2. Stir in soup, water and vinegar. Heat through. Serve over fettucini. Makes 4 servings.

(Recipe may be doubled.)



FIESTA ONION DIP



1 pouch Campbell's Onion Soup and Recipe Mix
1 can (about 16 oz.) stewed tomatoes, undrained, cut up
2 tsp. chili powder
1 cup shredded Cheddar cheese

1. In small saucepan, heat soup mix, tomatoes and chili powder to simmering. Cover; simmer 10 min., stirring occasionally.
2. Pour into serving bowl, sprinkle with cheese. Stir before serving. Serve with fresh vegetables or chips. Makes about 2 cups.

HOLIDAY SQUARES FLORENTINE

4 eggs, beaten
1 can (10¾ oz.) Campbell's Cream of Mushroom Soup
2 pkg. (10 oz. each) frozen chopped spinach, thawed, well drained and minced
½ cup chopped toasted walnuts
¼ cup minced green onions
1 cup shredded Swiss cheese
¼ cup grated Parmesan cheese
1 pkg. (8 oz.) refrigerated crescent rolls

1. In large bowl, combine all ingredients except crescent rolls; mix well.
2. Unroll crescent rolls, but do not separate. Press into bottom of 13" x 9" buttered baking pan. Press seams together. Spread spinach mixture over dough.
3. Bake at 350°F. for 40 min. or until knife inserted in center comes out clean. Cut into 1" pieces. Makes about 50 appetizers.



AT THE BOTTOM OF IT ALL, SOUP MAKES GOOD FOOD.

ripe is long enough, relax pressure and ıll bag away.

EQUIPMENT

raph paper
encil
ightweight cardboard
issors
uler
ıarp knife or
single-edge razor
astic wrap
ax paper
ookie sheets
eavy cardboard (optional)
½x11½-inch plastic food storage bags
with twist ties
ontainers with
tight-fitting lids
nall metal spatula
othpicks
2 pastry bags
Uncooked thin spaghetti

CAKE FROSTING

Prep time: 10 minutes

½ cup shortening
½ cup butter or margarine, softened
½ teaspoon almond extract
1 box (16 oz.) confectioners' sugar
1 to 2 tablespoons milk

In mixer bowl cream shortening and butter until fluffy. Beat in almond extract. At low speed, add sugar; beat until smooth. Add 1 tablespoon milk; beat until frosting is smooth and of piping consistency. If too thick, add milk a teaspoon at a time. *(Can be made ahead. Cover and refrigerate up to 2 weeks. Let stand at room temperature 1 hour to soften. Or microwave on High 5 to 10 seconds, stirring once.)* Makes 3 cups.

WREATH CAKE

pictured on page 137

The completed cake is 11 inches in diameter.

1 package (18.25 oz.) yellow or devil's food cake mix
1½ recipes Cake Frosting (see above)
About 1 teaspoon Leaf-Green paste
¼ teaspoon liquid red food coloring or ⅛ teaspoon Christmas-Red paste

Additional Equipment

1 10½-inch ovenproof ring mold (11 cups)
#22 star tip

Decorations

6 tablespoons marzipan (about 4 oz.), divided
48 small green jelly beans
25 small white jelly beans

Preheat oven to 350°F. *(continued)*

Nestlé
TOLL HOUSE
™



"We've been through a lot together. Little League tryouts. Fractions. And the day he ate almost all of Mrs. Frick's tulips. The truth is, I'd do anything in the world for old Casey. Except share my last Toll House chocolate chip cookie with him."

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NESTLÉ® TOLL HOUSE® MORSELS.
WE MAKE THE WORLD'S WARMEST MEMORIES.

CHRISTMAS CAKES
continued

ease and flour ring mold. Prepare cake
c according to package directions. Pour
ter into prepared pan. Bake 30 to
minutes or until toothpick inserted in
ıter comes out clean. Cool.
leat 1 teaspoon green paste into frosting
il well blended. Divide frosting equally
ong 3 plastic bags and seal.
Knead 3 tablespoons marzipan with red
ring until well mixed. Roll 15 small
ls from 2 teaspoons red marzipan. Roll
ıaining red marzipan into 16-inch long
e; set aside.
lip tip of toothpick into green paste;
ad into remaining 3 tablespoons marzi-
ı. Between 2 sheets of wax paper roll
en marzipan ⅛ inch thick. With sharp
fe, cut ten 1-inch-long leaf shapes. Gent-
core each leaf to make veins; set aside.
lace cake on a serving platter. Snip tip
n one bag of frosting; insert into pastry
fitted with #22 star tip. Starting at
tom of inside ring of cake, pipe one row
hell Border (see page 164). Pipe 4 more
s of Shell Border. Starting at bottom
e 5 rows of Shell Border on outside ring
ake. Pipe 2 small rows of Zigzag to cover
of cake. Pipe another small row of Zig-
atop and centered between other 2
s. Decorate with jelly beans. To make
, cut two 5-inch pieces and two 3-inch
es from red marzipan rope. Shape long-
ieces into ovals and place side-by-side
top of cake. Pinch 2 ends of the small
es together and gently press onto cake
ere ovals join. Press white jelly bean in
ter of bow.
lecorate with marzipan leaves and ber-
as shown. Makes 20 servings, 290 calo-
each without decorations.

JOLLY SANTA

pictured on page 139

completed cake is 18x11 inches.

ackages (18.25 oz. each) yellow or devil's food cake mix
ecipes Cake Frosting (see above)
ablespoons liquid red food coloring

ditional Equipment

1 1-quart, 5-inch-diameter stainless steel bowl or saucepan
2 1-quart, 6-inch-diameter stainless steel or ovenproof glass bowls
1 9x5-inch loaf pan
#18 star tip

Decorations

4 1-inch round pink thin sugar wafers
1 large green gum ball
25 small white gum balls
2 blue jelly beans
1 red jelly gumdrop
1 12-inch piece red licorice lace
Basic Sugar Cookies (see page 186) in desired shapes plus 3 small stars with white icing and 1 crescent with white icing
13 small green gum balls
1 candy cane (6 inches long)
2 pieces (1 oz. each) red fruit leather

Enlarge patterns on graph paper; cut out. Trace on lightweight cardboard; cut out.

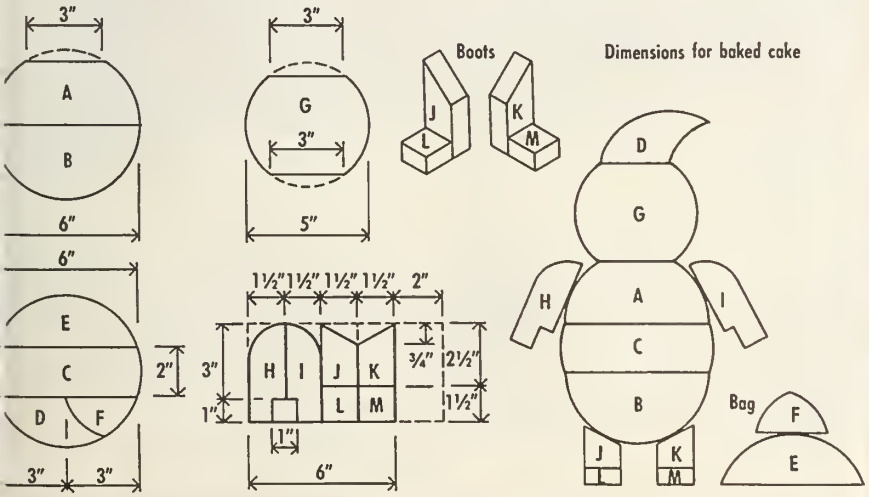
Preheat oven to 350°F. Grease and flour bowls and pans. Prepare 1 cake mix according to package directions. Pour 2 cups batter into 5-inch bowl. Pour remaining batter into loaf pan. Bake 40 to 50 minutes or until toothpick inserted in center comes out clean. Prepare remaining cake mix. Pour one half of the batter into each 6-inch-diameter bowl. Bake 40 to 50 minutes, or until toothpick inserted in center comes out clean. Cool and freeze all cakes.

Spoon 2 cups frosting into a plastic bag and seal; set aside. In small bowl combine ½ cup frosting and 1 or 2 drops red food coloring to make pink frosting. Cover and set aside. Stir remaining red coloring into remaining frosting. Cover and set aside.

Trim tops of cakes to make each cake level. Arrange patterns on bottom side of cake; cut out. Cut cake pieces L and M in half horizontally. On large platter assemble cake pieces as diagramed, securing with spaghetti.

With spatula frost Santa's face with pink frosting. Frost gloves and boots with a thin layer of white frosting. Frost hat, arms, body and legs with red frosting.

Snip tip from bag of white frosting; insert into pastry bag fitted with #18 star tip. For beard, pipe rows of Zigzag (see page 164). Place 2 pink wafers above beard for cheeks. Pipe mustache over wafers, then pipe eyebrows. Decorate face with blue jelly beans for eyes, red gum drop for nose and pink wafers for ears. Cut a 1-inch piece from licorice lace for mouth. *(continued)*



Nestlé TOLL HOUSE™

TOLL HOUSE® CHOCOLATE CHIP COOKIES

2¼ c. all-purpose flour
1 tsp. baking soda
1 tsp. salt
1 c. butter, softened
¾ c. sugar
¾ c. firmly packed brown sugar
1 tsp. vanilla extract
2 eggs
One 12-oz. pkg. (2 c.) Nestlé® TOLL HOUSE® Semi-Sweet Chocolate Morsels
1 c. chopped nuts

Preheat oven to 375°F. In bowl, combine flour, baking soda and salt; set aside. In bowl, beat butter, sugar, brown sugar and vanilla extract until creamy. Beat in eggs. Gradually add flour mixture. Stir in morsels and nuts. Drop by level Tbsp. onto ungreased cookie sheets.
BAKE at: 375°F.
TIME: 9-11 min. Makes: about 5 dz. cookies

OATMEAL SCOTCHIES™

1 c. all-purpose flour
1 tsp. baking soda
½ tsp. salt
½ tsp. cinnamon
1 c. butter, softened
¾ c. sugar
¾ c. firmly packed brown sugar
2 eggs
1 tsp. vanilla extract
3 c. oats, uncooked (Quick or Old-Fashioned)
One 12-oz. pkg. (2 c.) Nestlé® TOLL HOUSE® Butterscotch Flavored Morsels

Preheat oven to 375°F. In bowl, combine flour, baking soda, salt and cinnamon; set aside. In bowl, beat butter, sugar, brown sugar, eggs and vanilla extract until creamy. Gradually add flour mixture. Stir in oats and morsels. Drop by level Tbsp. onto ungreased cookie sheets.
BAKE at: 375°F.
TIME: 7-8 min. for chewier cookies. 9-10 min. for crisper cookies.
Makes: about 4 dz. cookies

DOUBLE MINT CHOCOLATE CHIP COOKIES

One 10-oz. pkg. (1½ c.) Nestlé® TOLL HOUSE® Mint-Chocolate Morsels, divided
1¼ c. all-purpose flour
¾ tsp. baking soda
½ tsp. salt
½ c. butter, softened
½ c. firmly packed brown sugar
¼ c. sugar
½ tsp. vanilla extract
1 egg
½ c. chopped nuts

Preheat oven to 375°F. Melt over hot (not boiling) water, ¾ c. morsels; stir until smooth. Remove from heat; cool to room temperature. In bowl, combine flour, baking soda and salt; set aside. In bowl, beat butter, brown sugar, sugar and vanilla extract until creamy. Add melted morsels and egg; beat well. Gradually blend in flour mixture. Stir in remaining ¾ c. morsels and nuts. Drop by rounded Tbsp. onto ungreased cookie sheets.
BAKE at: 375°F. TIME: 8-9 min.
Allow to stand 2-3 min. before removing from cookie sheets; cool.
Makes: about 1½ dz. cookies



Pipe a Zigzag border on sides of gloves and boots. Pipe a 1-inch-wide Zigzag stripe across center of body for belt. Pipe a wide Zigzag stripe on tops of boots and a row of Stars above stripes. Pipe outline of gloves with Ribbon Stripe. Following shape of gloves, continue piping until gloves are completely filled. Press large green gum ball on tip of hat. Press 11 white gum balls across hat rim.

Press on 2 star cookies for buttons; press 1 small green gum ball in center of belt. Cut remaining white gum balls in half and decorate gloves and belt. Cut remaining small green gum balls in half and decorate boots. Press candy cane onto one glove.

For bag, cut each piece fruit leather into a 6x4-inch rectangle. Overlap long sides of rectangles 2 inches; cover cake pieces E and F with rectangles extending 1½ inches above piece F. Tuck side and bottom edges under. Tie remaining licorice lace around bag at top. Decorate bag with star and crescent cookies. Arrange cookies around bag as shown. Makes 30 servings, 390 calories each without decorations and cookies.

SWEET STOCKING

pictured on page 138

The completed cake is 19x11 inches.

1 package (18.25 oz.) yellow or devil's food cake mix
1½ recipes Cake Frosting (see page 165)
½ teaspoon Leaf-Green paste

Additional Equipment

1 13x9-inch baking pan
2 #21 star tips
#48 small and #47 large basketweave tips

Decorations

1 13-inch piece red licorice lace, cut into 1-inch pieces
Gold and silver dragées
Basic Sugar Cookies (see page 186), in desired shapes

Enlarge patterns on graph paper; cut out. Trace on lightweight cardboard; cut out.

Preheat oven to 350°F. Grease and flour baking pan. Prepare and bake cake mix according to package directions. Cool in pan on wire rack 10 minutes. Remove from pan; cool completely. Freeze.

Spoon 2 cups frosting into a plastic bag and seal. Beat green paste into remaining frosting until well blended. Divide evenly among 2 plastic bags and seal. Set all aside.

Arrange pattern pieces on bottom side of cake; cut out. Cut cookie base piece in half horizontally. On large platter assemble cake pieces as diagramed, securing with spaghetti. *(Cookie base will be lower than top of stocking.)*

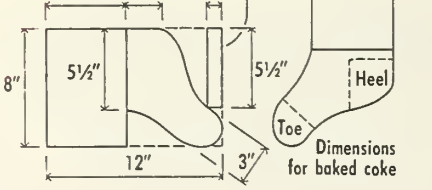
With toothpick, draw lines for cuff, toe and heel on cake. Snip tip from bag of white frosting; insert into pastry bag fitted with #47 basketweave tip. Starting at bottom of cuff line, pipe a Ribbon Stripe (see page 164) down length of stocking, following stocking shape; repeat until entire white area of stocking is covered.

Snip tip from bag of green frosting; insert into another pastry bag fitted with #48 basketweave tip. Pipe Ribbon Stripes to cover toe and heel.

Fit pastry bags with #21 star tips. With green frosting, pipe a Zigzag border around all sides of stocking. Pipe Reverse Shell Border along outside edges of toe and heel. With white frosting, pipe Reverse Shell Border along outside edge of white area.

Pipe a row of green Zigzag across bottom third of cuff. Pipe a row of white Zigzag across cuff, slightly overlapping the green, and a row of Star Border right under the green. Finish top of cuff with another row of green Zigzag. Pipe one row of Zigzag across cookie base.

Decorate with gold and silver dragées and licorice lace as shown. Arrange decorated cookies on top of cookie base. Makes 20 servings, 380 calories each without decorations and cookies.



TREE TREAT

pictured on page 140

The completed cake is 21x12 inches.

1 package (18.25 oz.) yellow or devil's food cake mix
2 tablespoons marzipan
¼ teaspoon liquid red food coloring
1½ recipes Cake Frosting (see page 165)
1 teaspoon Leaf-Green paste

Additional Equipment

1 13x9-inch baking pan
#18 and #21 star tips

Decorations

Basic Sugar Cookies (see page 186), in desired shapes plus 1 white star cookie, decorated, 5 red heart cookies, decorated, and 11 small star cookies, decorated
Gold dragées

Enlarge patterns on graph paper; cut out. Trace on lightweight cardboard; cut out.

Preheat oven to 350°F. Grease and flour baking pan. Prepare and bake cake mix according to package directions. Cool in pan on wire rack 10 minutes. Remove from pan; cool completely. Freeze.

Combine marzipan with red food coloring until well mixed. On smooth surface roll marzipan into 45 ¼-inch balls; set aside.

Transfer 1½ cups frosting to a plastic bag and seal. Beat green paste into remaining frosting until well blended. Divide equally among 2 plastic bags and seal. Set all aside.

Arrange pattern pieces on bottom side of cake; cut out. On large platter assemble cake pieces as diagramed, securing with spaghetti.

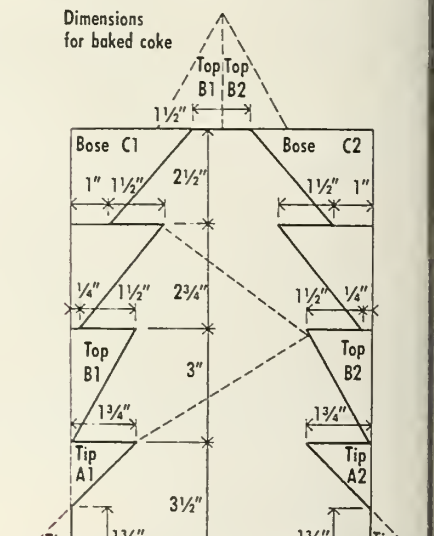
Snip tip from bag of green frosting; insert into pastry bag fitted with #21 star tip. Pipe a Zigzag border (see page 164) around sides of tree. Do not pipe border on sides of base.

With toothpick, draw line across cake for garland as shown. Starting at bottom of tree, pipe a row of green Pulled Shells, angling slightly. Continue piping across cake in overlapping rows until you reach the garland line.

Pipe next section in same manner, except angle in the opposite direction. Repeat piping sections until tree is covered.

Snip tip from bag of white frosting; insert into pastry bag fitted with #18 star tip. Pipe Shell Border in garland line. Decorate garland with marzipan balls and dragées.

Pipe a white Zigzag pattern on base. Decorate with gold dragées. To attach cookies to tree, insert small pieces of spaghetti as branch tips, leaving ½ inch exposed. With small dabs of frosting, glue backs of cookies to spaghetti. Arrange remaining cookies around base. Makes 20 servings, 380 calories each without decorations and cookies.



SMILING FROSTY

pictured on page 141

The completed cake is 20x10 inches.

1 package (18.25 oz.) yellow or devil's food cake mix
1 package (9 oz.) yellow or devil's food cake mix
1½ recipes Cake Frosting (see page 165)
Red and yellow food coloring

Additional Equipment

1 8-inch round cake pan
1 9-inch round cake pan
1 1-quart, 5-inch-diameter stainless steel bowl or saucepan
#21 star tip

Decorations *(continued on page 172)*



SUNLIGHT

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HIDDEN VALLEY RANCH OYSTER CRACKERS

12–16 oz. plain oyster crackers
1 pkg. Hidden Valley Ranch® Buttermilk Recipe Original Ranch Salad Dressing Mix
¼ tsp. lemon pepper
½–1 tsp. dill weed
¼ tsp. garlic powder
¾–1 cup salad oil

Combine Hidden Valley Ranch mix and oil; add dill weed, garlic powder and lemon pepper. Pour over crackers, stir to coat. Place in warm oven for 15–20 minutes.



HIDDEN VALLEY RANCH BUFFALO WINGS

24 chicken wings/drummettes ½ cup melted butter
¼ cup hot pepper sauce (less if desired) 3 tbs. vinegar
2 pkgs. Hidden Valley Ranch® Milk Recipe Original Ranch Salad Dressing Mix
½ tsp. paprika Celery sticks

Preheat oven to 350°. Dip chicken in mixture of melted butter, pepper sauce and vinegar; put in baking pan. Sprinkle with 1 package dry dressing mix. Bake 25–30 minutes or until browned. Sprinkle with paprika. Serve with celery sticks and prepared Hidden Valley Ranch Salad Dressing as dip.



HIDDEN VALLEY RANCH CHEESE BALL

½ cup prepared, double strength Hidden Valley Ranch® Milk Recipe Original Ranch Salad Dressing (1 package, ½ cup mayonnaise and ½ cup milk)
8 oz. shredded Cheddar cheese, room temperature for 1 hour
6 oz. cream cheese, room temperature for 1 hour
5 oz. sliced almonds, toasted

Mix the *double strength* salad dressing and cream cheese. Beat well with electric mixer. Add Cheddar cheese and blend. Cover and freeze for 30 minutes. Shape cheese mixture into a ball. Roll cheese ball in toasted almonds.



HIDDEN VALLEY RANCH NACHOS

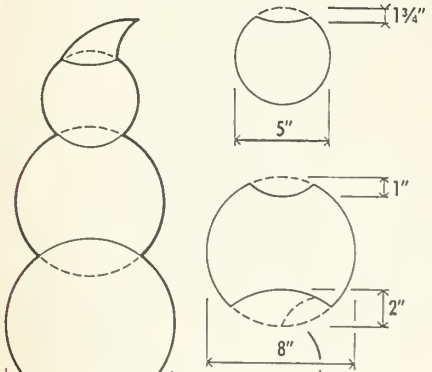
8–10 oz. tortilla chips
¾ cup prepared Hidden Valley Ranch® Milk Recipe Original Ranch Salad Dressing
6 oz. shredded sharp Cheddar cheese
¼ cup sliced green onions

Arrange chips in shallow baking dish. Pour salad dressing over chips; sprinkle cheese and green onions evenly over chips and dressing. Bake at 350° for 8 minutes or until cheese is melted slightly. Additional topping suggestions: sliced ripe olives, jalapeno peppers, diced bell peppers.



■ CHRISTMAS CAKES

continued from page 168



- 2 pieces (1 oz. each) fruit leather
- 1½ 8-inch pretzel rods
- 1 tablespoon marzipan
- 2½ cups shredded coconut (8 oz.)
- 1 large green gum ball
- Basic Sugar Cookies (see page 186) in desired shapes plus 1 small star with white icing, 3 crescents with white icing and 1 crescent with red icing
- 2 raisins
- 2 1-inch round pink thin sugar wafers
- 3 large red gum balls
- 30 small white jelly beans
- 17 small green jelly beans
- 15 small red jelly beans
- 1 10-inch piece red licorice lace, cut into 1-inch pieces

Enlarge patterns on graph paper; cut out. Trace on lightweight cardboard; cut out.

Preheat oven to 350°F. Grease and flour cake pans and bowl. Prepare the larger cake mix according to package directions. Pour 2 cups batter into 8-inch pan; remaining batter into 9-inch pan. Bake 25 minutes or until toothpick inserted in center comes out clean. Prepare other cake mix. Bake in 5-inch bowl 40 minutes. Cool in pans on wire racks 10 minutes. Remove from pans; cool completely. Freeze.

Cut each piece fruit leather into a 6x4-inch rectangle. For fringe, cut 3-inch slashes about ¼ inch apart across one long side of each rectangle. Wrap uncut sides of fruit leather around one end of pretzel rod for broom; set aside.

Knead a few drops of red and yellow food coloring into marzipan. Shape into a carrot for nose; set aside.

In small bowl combine ½ cup frosting and 1 teaspoon red food coloring. Cover red and remaining white frosting; set aside.

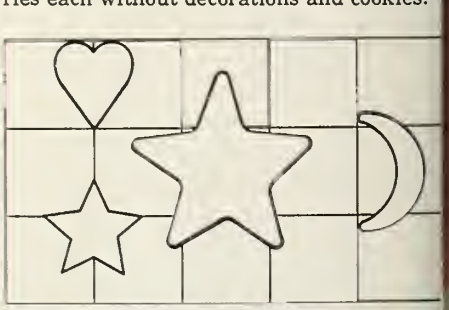
Cut 5-inch cake in half horizontally, matching height of 8- and 9-inch cakes. (Save one half of 5-inch cake for another use.) Arrange pattern pieces on bottom side of 5- and 8-inch cakes; cut out. On large platter assemble cake pieces as diagramed, securing with spaghetti.

Reserve about 1 cup white frosting. With small metal spatula, frost entire snowman with remaining white frosting. Press 2 cups coconut into frosting. Spread hat with red frosting.

Place broom diagonally across snowman, extending broom brush over edge of cake. Connect remaining 4-inch pretzel rod to bottom. Gently press into frosting.

Fill pastry bag fitted with #21 star tip with reserved 1 cup white frosting. Pipe a Shell Border (see page 164) across bottom of hat for cuff. Pipe two mittens, positioning one over break between pretzels. Press remaining ½ cup coconut onto mittens.

Decorate hat as shown. With frosting, glue on marzipan carrot for nose, raisins for eyes, two white crescents for eyebrows, one red crescent for mouth and pink sugar wafers for ears. Press on 3 red gum balls for buttons, white, green and red jelly beans for scarf and press licorice lace for scarf fringe as shown. Arrange decorated cookies around cake. Makes 25 servings, 350 calories each without decorations and cookies.



COOKIE PATTERNS each box = 1 inch

SUPERSTAR BUFFET

:ontinued from page 153

MENU

Victoria Principal's Marinated Cherry Tomatoes
Paul Newman's Ratatouille
bill Shepherd's Hot and Spicy Beef
Beverly Sills's Latkes with Cranberry-Apple Ketchup
Jill St. John's Veal Paprika
igela Lansbury's Shrimp Casserole à la Jessica
irah Winfrey's Broccoli and Pasta
Mary Frann's Stratford Inn Salad
inah Shore's Gâteau au Chocolat
The Reagans' Winter Fruit with Orange Sauce
Serves 12 to 16

ICTORIA PRINCIPAL'S MARINATED CHERRY TOMATOES

pictured on page 153

time: 15 minutes plus marinating

- cup salad oil
- cup red wine vinegar
- cup chopped green onions
- easpoon basil
- easpoon oregano
- easpoon salt
- easpoon freshly ground pepper
- ½ teaspoon minced garlic
- 40 cherry tomatoes
- Cabbage leaves

In blender or food processor process first 7 ingredients until blended. Add garlic. Pour dressing over tomatoes. Cover and refrigerate overnight. To serve, drain tomatoes and arrange on a bed of cabbage leaves. Makes 12 to 16 servings, 90 calories each per 12, 65 calories each per 16.

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PAUL NEWMAN'S RATATOUILLE

Prep time: 30 minutes
Cooking time: 30 minutes

- ⅓ cup plus 2 tablespoons olive oil
- 1 cup chopped onions
- 3½ teaspoons minced garlic, divided
- 1 pound eggplant, diced
- 2 small zucchini, diced
- 1 small yellow squash, diced
- 1 medium green pepper, diced
- 1 cup marinara sauce with mushrooms
- ¼ cup dry white wine
- 1 loaf French bread, sliced

In heavy Dutch oven heat ⅓ cup oil over medium heat. Add onions and 3 teaspoons garlic; sauté until translucent, 5 minutes. Add eggplant, zucchini and squash; sauté 10 minutes. Add green pepper; sauté 5 minutes. Add marinara sauce and wine; cook 10 minutes more. Cool. *(Can be made ahead. Cover tightly and refrigerate up to 2 days. Serve at room temperature.)*

Before serving, preheat broiler. In small bowl combine remaining ½ teaspoon garlic and 2 tablespoons oil. Brush on bread. Broil 1 minute, until lightly toasted. Serve ratatouille with bread on the side. Makes 5 cups, 20 calories per tablespoon without bread.

CYBILL SHEPHERD'S HOT AND SPICY BEEF

Prep time: 10 minutes plus marinating
Roasting time: 30 minutes

- 1 teaspoon oregano
- 1 teaspoon thyme
- 1 teaspoon paprika
- 1 teaspoon salt
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- ½ teaspoon white pepper
- ½ teaspoon freshly ground pepper
- ¼ teaspoon ground red pepper
- 1½ pounds beef tenderloin (about 3 inches in diameter)
- 1 loaf French bread, sliced

Combine seasonings. Cut beef in half lengthwise and rub with seasonings. Cover with plastic *(continued)*



SUPERSTAR BUFFET

continued

wrap and refrigerate overnight.

Preheat oven to 425°F. Unwrap beef and place on rack in a roasting pan. Roast 30 minutes for rare. Let stand 15 minutes. Slice roast thin and serve with bread. Makes 12 to 16 servings, 165 calories each per 12, 125 calories each per 16 without bread.

BEVERLY SILLS'S LATKES

Prep time: 15 minutes
Cooking time: 2 to 4 minutes per batch

- 2 pounds all-purpose potatoes, peeled and shredded
- 1 large onion, minced
- 3 tablespoons flour
- 2 eggs, lightly beaten
- 1¼ teaspoons salt
- ¼ teaspoon baking powder
- Salad oil for frying

In medium bowl combine all ingredients except oil. Drain in colander.

In large skillet heat ¼ inch oil over high heat. Drop potato mixture by level tablespoonfuls into hot skillet. Brown about 1 to 2 minutes per side.

Journal Shopping Center

COVER
Styliat, Elyssa Winter; sneakers, Converse; shoes, Tru-tred; hair, makeup, Lisa George for Creative Workforce; food stylist, Andrea Swenson
EASY AS 1-2-3
Page 114: Menorah, Jewish Museum, 1109 5th Ave., NYC 10028.
FICTION AND POETRY
Page 137: "December," by John Updike. From *A Child's Calendar*, by John Updike. Copyright © 1965 by John Updike and Nancy Burkert. Reprinted by permission of Alfred A. Knopf, Inc.
BUSY WOMAN'S GUIDE
Page 144: Location of photography, Pierre Deux Antiques, 396 Bleecker St., NYC 10014, 212-243-7740.
Page 146: Wreaths by Sara Foster, The Great American Gift Basket Co., Greenwich, CT, 203-637-7905.
Page 147: Miniature fans by Melinda Hackett, 304 E. 5th St., NYC 10013; wrought-iron chandelier, Pierre Deux Antiques; fans wrapped in paper from *Giftwraps by Artists: English Floral Patterns, Eighteenth-Century Designs*, by William Kilburn. Copyright © 1987. Harry Abrams Inc., NYC, publisher.
Page 196: Maypole tree, TWIGS Inc., 399 Bleecker St., NYC 10014, 212-620-8188; photography, Pierre Deux Antiques.
GREAT PARTY STYLE
Page 148: Sweater, Perry Ellis; bracelets, Mishon Mishon; earrings, Wendy Gell. Inset: Jacket, skirt, Perry Ellis Portfolio; shell, Andre Van Pier; necklace, Kenneth Jay Lane; bracelet, earrings, Robert Lee Morris for Mishon Misbon; watch, Timex; hosiery, Hanes Lycra. All makeup by Coty: All in One Makeup in Natural Bisque; Dual Pan Bore Blusher in Moonglow Pink/SoftShimmer Garnet; Airspun Loose Face Powder in Naturally Neutrol; The Naturalists Shadow 'n Line Eyekit shadows in Penchwood, Teak Crystal/Brick; The Naturalists Shadow 'n Line EyeKit Eyeliner in Hickory Brown; Thick 'n Healthy Disposable Mascara in Black; Silksticks Lipstick in Moonsilk.
Page 149: Skirt, jacket, Perry Ellis; hosiery, Charles Jourdan; necklace, Kenneth Jay Lane; earrings, Erwin Pearl; shoes, Roger Vivier. Child's outfit: Dress, hosiery, ballet slippers available at Small Change. Man's tie: Liberty. All makeup by Avon: AMM Perfecting Creme Compact Makeup in Blush Beige; AMM Perfecting Loose Face Powder in Translucent; Curl and Color Mascara in Brown/Black; Ultra Wear Dazzle Dust for Cheeks in Pink Radiance; Ultra Wear Dazzle Dust for Eyes in Lavender Dazzle/Silver Sparkle; Ultra Wear Liquid Eyeliner in Jade Lustre; Ultra Wear Lipstick in Pink Gleam.
Page 150: Sweater, Mary Jane Marcasia...o. All makeup by Revlon: Custom Eyes Eyeshadow in Ipanema Gold/Bali Brown; Special Eyes Micropure Eyeliner in Dark Brown; Special Eyes Micropure Mascara in Dark Brown; New Complexion Makeup in Peach Beige; Naturally Glamorous Blush-On in Shades of Scarlet; New Complexion Pressed Powder in Light; Super Lustrous Lipstick in Scarlet Moon.
Page 151: Jacket, skirt, Sylvia Hicsel; hosiery, Hanes Lycra; earrings, Kenneth Jay Lane.
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Pages 152-153: Silver centerpiece, platter and cake stand from Fortunoff, 681 5th Ave., NYC 10022. Paisley fabric by Pierre Deux, 870 Madison Ave., NYC 10021.
A DICKENS OF A CHRISTMAS
Pages 154-155: British Airways, 800-AIRWAYS; Dorset Square Hotel, 39/40 Dorset Square, London NW1 6QN.
Pages 156-157: Children's furniture, toys, Circus-Circus, 176 Wandsworth Rd., London SW6; dollhouse, furniture, The Dolls House, 29 The Market, Covent Garden, London WC2; chocolates, Covent Garden General Store, 111 Long Acre, London WC2.
Pages 158-159: Lace table runner, lace pillows, Lunn Antiques, 86 New Kings Rd., London SW6; toys, Circus-Circus; food, Covent Garden General Store.

Keep warm. Repeat with remaining potato mixture. *(Can be made ahead. Cool and refrigerate covered up to 24 hours. Reheat on cookie sheets in a preheated 400°F. oven 5 minutes.)* Serve with Cranberry-Apple Ketchup (recipe follows). Makes 36, 50 calories each.

CRANBERRY-APPLE KETCHUP

Prep time: 10 minutes
Cooking time: 20 minutes

- 1½ cups cranberries
- 1½ cups peeled and diced Golden Delicious apples
- ½ cup chopped onion
- ⅓ cup firmly packed light brown sugar
- 1 tablespoon cider vinegar
- ¼ teaspoon salt
- ¼ teaspoon celery salt
- ¼ teaspoon freshly ground pepper
- ⅛ teaspoon mace
- ⅛ teaspoon cinnamon
- 2 to 3 dashes red pepper sauce

In saucepan combine all ingredients. Bring to a boil; reduce heat to medium-low and cook, stirring, 20 minutes. Crush with the back of a large spoon. Cool. *(Can be made ahead. Cover and refrigerate up to 3 days.)* Makes 1½ cups, 20 calories per tablespoon.

JILL ST. JOHN'S VEAL PAPRIKA

pictured on page 153

Prep time: 20 minutes
Cooking time: 1 hour 35 minutes

- 4 pounds boneless veal, cut into 1-inch cubes
- 7 tablespoons butter, divided
- 3 large onions, chopped
- 4 teaspoons minced garlic
- 1 yellow pepper, chopped
- 2 cans (16 oz. each) tomatoes, chopped
- 4 teaspoons sweet paprika
- 2½ teaspoons salt
- ½ teaspoon freshly ground pepper
- ½ cup dry sherry
- Red and yellow pepper strips, for garnish
- 1 package (16 oz.) egg noodles

Pat veal dry with paper towels. In Dutch oven melt 1 tablespoon butter over high heat. Add one fifth of the veal and sauté until browned, about 5 minutes. Transfer to a bowl. Repeat in 4 more batches with butter and veal. To Dutch oven add onions, garlic and yellow pepper; sauté over medium-high heat until onions are translucent. Add veal and stir in remaining ingredients except garnish, noodles and remaining butter. Bring to a boil; reduce heat and simmer covered 45 minutes. Uncover and simmer 15 minutes more. Taste for seasonings. *(Can be made ahead. Cool; cover and refrigerate up to 3 days or freeze up to 1 month.)*

Meanwhile, prepare egg noodles according to package directions. Dr... and toss with remaining 2 tablespo... butter. Arrange noodles in bottom ... serving dish. Pour on veal papr... and garnish with pepper str... Makes 12 to 16 servings, 535 calo... each per 12, 400 calories each per 1...

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(continu...

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Holiday Ribbon Ring

2 pkgs. (4-serving size) JELL-O® Brand Strawberry Flavor Gelatin
5 c. boiling water
2/3 c. sour cream or vanilla yogurt
2 pkgs. (4-serving size) JELL-O® Brand Lime Flavor Gelatin

1. Dissolve strawberry flavor gelatin in 2 1/2 cups boiling water. Pour 1 1/2 cups into 6-cup ring mold. Chill until set but not firm, about 15 minutes. Chill remaining gelatin in bowl; gradually blend in 1/3 cup of the sour cream and spoon over gelatin in mold. Chill until set but not firm, about 15 minutes. 2. Repeat with lime flavor gelatin, remaining 2 1/2 cups water and 1/3 cup sour cream, chilling dissolved gelatin before measuring and pouring into mold. 3. Chill at least 2 hours. Unmold. Makes 12 servings.

Another delicious recipe from The Jell-O® Pages.

strawberry JELL-O gelatin dessert

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SUPERSTAR BUFFET
continued

ANGELA LANSBURY'S SHRIMP CASSEROLE À LA JESSICA

Prep time: 30 minutes
Baking time: 30 minutes

- ¼ cup butter
- 2 cups chopped onions
- 1 cup chopped celery
- 1 tablespoon minced garlic
- 2 bottles (8 oz. each) clam juice
- 1 cup heavy or whipping cream
- 3 tablespoons fresh lemon juice
- 3 pounds medium shrimp, peeled and deveined
- ½ cup chopped fresh dill, divided
- 6 cups cooked rice
- 2 cups finely crumbled feta cheese

Preheat oven to 350°F. In large skillet heat butter over medium heat. Add onions, celery and garlic; sauté until translucent. Add clam juice, cream and lemon juice; increase heat to high and cook 10 minutes, until reduced by half. Add shrimp and cook until pink, 2 to 3 minutes. Stir in ⅓ cup dill.

In shallow 3-quart casserole layer half the rice, half the feta and half the shrimp mixture. Repeat layering. Cover with wax paper and bake 30 minutes, until hot. Sprinkle remaining dill on top. Makes 12 to 16 servings, 380 calories each per 12, 280 calories each per 16.

OPRAH WINFREY'S BROCCOLI AND PASTA

Prep time: 15 minutes
Cooking time: 10 minutes

- 1 bag (15 oz.) fresh or frozen cavatelli or 1 pound dry
- 8 cups (about 2 bunches) broccoli florets
- ⅓ cup olive oil
- 1 tablespoon minced garlic
- ½ teaspoon red pepper flakes
- 1 teaspoon salt
- 2 tablespoons dry white wine
- 2 tablespoons grated Parmesan cheese

Cook pasta according to package directions. Rinse under cold water. Drain well and transfer to a large bowl. In vegetable steamer steam broccoli 4 minutes. In large skillet heat oil over medium-high heat. Add garlic and pepper flakes; cook 30 seconds. Add broccoli and salt; cook, stirring, 4 minutes. Add to pasta with wine and Parmesan; toss. Makes 12 to 16 servings, 220 calories each per 12, 165 calories each per 16.

MARY FRANN'S STRATFORD INN SALAD

Total prep time: 20 minutes

Vinaigrette

- 6 tablespoons olive oil
- 2 tablespoons red wine vinegar
- 1 tablespoon Dijon mustard
- ½ teaspoon minced garlic
- ½ teaspoon salt
- ½ teaspoon freshly ground pepp

- 2 heads Boston lettuce, torn
- ½ head chicory, torn
- 1 bunch watercress
- 1 bunch radishes, sliced thin
- 4 navel oranges, sectioned

Vinaigrette: In small bowl whisk t gether all ingredients.

In large serving bowl toss all r maining ingredients with Vinaigrett Makes 12 to 16 servings, 95 calori each per 12, 70 calories each per 1

DINAH SHORE'S GÂTEAU AU CHOCOLA

pictured on page 153

Prep time: 40 minutes plus chilling
Baking time: 2½ hours

- 10 squares (1 oz. each) semisweet chocolate, coarsely chopped
- 10 tablespoons unsalted butter, cut up
- 1 tablespoon orange-flavored liqueur
- ¾ teaspoon vanilla extract

eggs, at room temperature, separated
cup sugar, divided

eetened Whipped Cream

1 cup heavy or whipping cream
1 tablespoon sugar
½ teaspoon vanilla extract

ocolate Stars Garnish (optional)

3 squares (1 oz. each) semisweet chocolate, chopped
1 teaspoon shortening

heat oven to 250°F. Butter and ır a 9-inch springform pan. In top of ble boiler melt chocolate and but- over hot, not boiling, water. Stir in ıeur and vanilla. Cool to lukewarm. ı mixer bowl beat egg yolks until ıt and pale. Gradually beat in ¾ sugar; beat 5 minutes. Fold choco- mixture into egg-yolk mixture; set le. In another mixer bowl with ın beaters, beat egg whites until peaks form. Gradually beat in re- ining ¼ cup sugar; continue beat- until stiff but not dry. Carefully beaten whites one third at a time chocolate mixture. Pour batter prepared pan. Bake 2½ hours or il toothpick inserted in center ıes out clean. Cool on a wire rack. rigerate 2 hours or overnight. *(Can made ahead. Cover tightly and freeze in pan up to 2 weeks. Thaw in refrigerator overnight.)*

Sweetened Whipped Cream: Just before serving, in mixer bowl beat all ingredients until stiff peaks form. With a pastry bag, pipe decoratively on cake.

Garnish with Chocolate Stars if desired. Makes 12 to 16 servings, 370 calories each per 12, 280 calories each per 16 without garnish.

Chocolate Stars Garnish: In top of double boiler melt chocolate and shortening over hot, not boiling, water. Spread ¼ inch thick on wax-paper-lined cookie sheet. Refrigerate 30 minutes, until firm. Cut out with 2-inch star cookie cutter. Melt scraps and repeat.

THE REAGANS' WINTER FRUIT

Prep time: 20 minutes plus marinating

12 dried figs, halved
12 dried apricot halves, quartered
9 dried pear halves, cut up
10 tablespoons orange-flavored liqueur, divided
2 medium apples, sliced thin
2 ripe pears, sliced thin
2 ripe bananas, sliced diagonally
½ cup chopped walnuts

In small bowl combine dried fruit with ½ cup liqueur. Cover and marinate overnight or up to 1 week.

In serving dish toss fresh fruit with remaining 2 tablespoons liqueur. Add dried fruits and toss to combine. Marinate 30 minutes. Sprinkle with nuts. Serve with Orange Sauce (recipe follows) on the side. Makes 12 to 16 servings, 245 calories each per 12, 150 calories each per 16 without sauce.

ORANGE SAUCE

Prep time: 15 minutes plus chilling

1½ cups half and half cream, divided
7 egg yolks
¼ cup sugar
3 tablespoons orange-flavored liqueur
½ teaspoon vanilla extract

In small saucepan scald 1 cup cream. In medium saucepan whisk egg yolks and sugar. Add remaining ½ cup cream; blend. Whisk in hot cream. Cook over medium-low heat, stirring constantly, until thick enough to coat the back of a spoon, 10 to 15 minutes. Remove from heat, stirring to cool slightly. Add liqueur and vanilla. Cover and refrigerate 30 minutes. Makes 2 cups, 35 calories per tablespoon. **End**

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HOME FOR CHRISTMAS

continued from page 100

Sarah had thought about this often in the three years she and Mandy had been on their own.

"I don't know why," she said slowly. "But somehow we weren't ever really a family. We were just two people who knew their marriage was a mistake even before they became parents."

Her brief marriage to Steve seemed unreal, as if it had happened to someone else. Although for a while it hadn't been easy—taking Mandy to the day-care center, going to work—it was better than her marriage to Steve had been.

Now the long, lonely months were over. She was married to Rob, and he was taking her home for Christmas.

Home for Christmas. She kept saying the words, savoring them.

"We're going home for Christmas," she said so casually to Mandy's nursery school teacher. "To Rob's folks in Minnesota."

Home for Christmas. She would wake up in the middle of the night with a clear picture of the Christmas tree, gaily and lovingly decorated with a pile of brightly wrapped presents underneath. Or a kitchen, with trays of pies, a turkey waiting to be stuffed. Rob's mother always made oatmeal stuffing, he had told her; she'd have get the recipe for it, maybe even h make it.

It was a little harder to visual Rob's parents. She knew that t were both descendants of Norwegi immigrants and had always lived Minnesota. They hadn't been able make the long trip East that summ for the wedding, but she had seen p tures of them. When Sarah thought Christmas Day, though, the slim, ra er anxious-looking woman in the ph became plumper, smiling, arms o stretched to Sarah and Mandy. T white-haired man, even without beard, acquired a certain resemblar to Santa Claus.

It was a pity that Rob was an o child, she couldn't help thinking, he did have aunts, uncles and cous living nearby. There was bound to at least one big family party.

"Are you sure your mother will l this?" she asked him worriedly wh they were packing. She held up t pretty scarf once again.

"It's perfect," Rob assured her, lo ing up from folding a shirt. "Now w it up and let's get packed."

Sarah had just put the presents the suitcase when there was a c from Mandy's room.

"I'll go," Rob said firmly. Sarah down, listening to the conversation tween the two people who meant t whole world to her.

"Now, Mandy, I told you half hour ago to go to sleep," Rob s sternly. "You know we're leaving ea tomorrow."

"Teddy's firsty. He wants a drink water," Mandy said hopefully.

"Teddy had a drink half an ho ago," Rob reminded her.

There was a pause. "Teddy has finished his packing, and I haven't n ther," Mandy tried.

"You and Teddy will have to mana with the packing you've done," R told her. "Come on, here's a spec good-night holiday kiss guaranteed make you go to sleep."

"Kiss for Teddy, too," Mandy s sleepily. "Good-night, Rob." So times she called him Rob, sometim she called him Daddy. It wasn't imp tant, Sarah knew; Mandy loved h and trusted him, and that was wh really mattered.

"Night, sweetie," Rob replied.

Sarah knew that he would be stan ing beside Mandy's bed, looking do at her, loving her.

It was one of the things she lov about Rob, his taking so seriously t responsibility of being a father Mandy. Although she pointed out him that it was asking a lot of him take on *(continued on page 19*

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urkey size (19" x 23½") Reynolds®
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talks celery, sliced
o 20 pound turkey, thawed and rinsed
ablespoons vegetable oil

heat oven to 350° F. Shake flour in
ynolds Oven Cooking Bag; place in
sting pan at least 2 inches deep.
ce onion and celery in bag. Re-
ve neck and giblets. Lightly stuff, if
ired. Brush with oil. Place turkey
ag. Close bag with nylon tie; make
alf-inch slits in top. Insert meat
rmometer through slit in bag into
gh. Bake to 180°F or 2¾ to 3¼
urs. Add ½ hour for stuffed turkey.
kes: 16 to 20 servings.

TAKE-A-HOLIDAY HAM

ablespoon flour
urkey size (19" x 23½") Reynolds®
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o 16 pound fully-cooked ham, bone-in
Whole cloves

heat oven to 325° F. Shake flour in
ynolds Oven Cooking Bag; place in
sting pan at least 2 inches deep.
move skin; trim fat from ham, leav-
a thin layer. Lightly score surface
ham; stud with cloves. Place ham
ag. Close bag with nylon tie; make
alf-inch slits in top. Insert meat
rmometer through slit in bag. Bake
140°F or 2½ to 3¼ hours.
kes: 16 to 22 servings.

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LHJ's 1987

COOKIE COLLECTION

Cookies pictured on pages 162–163

BASIC NO-BAKES

Prep time: 25 minutes plus chilling

1 cup fine vanilla wafer crumbs
Confectioners' sugar
2 tablespoons unsweetened cocoa
Pinch salt
½ cup ground pecans
3 tablespoons rum
2 teaspoons light corn syrup

In medium bowl sift vanilla wafer crumbs, ½ cup confectioners' sugar, cocoa and salt. Stir in ground pecans.

In small bowl whisk rum and corn syrup until blended; stir into crumb mixture until dough is moist enough to hold together. Immediately roll mixture into 1-inch balls. Place rum balls in airtight container and refrigerate overnight to mellow. Before serving, roll in confectioners' sugar. Makes 2½ dozen, 30 calories each.

Prepare basic recipe as directed with variations below.

RUM-COCONUT BON-BONS (pictured): Omit cocoa. Substitute *¼ cup ground almonds* for pecans and *3 tablespoons coconut-flavored rum* for rum. Add *⅓ cup toasted, shredded coconut*. Spread top of each ball with some *melted semisweet chocolate* (about 1½ ounces total), then sprinkle with more *toasted, shredded coconut* (about 2 tablespoons total). Makes 2½ dozen, 40 calories each.

MOCHA BON-BONS (pictured): Substitute *2 tablespoons brewed coffee* and *1 tablespoon coffee-flavored liqueur* for rum. Place balls in individual miniature foil liners. Spread each top with some *melted chocolate chips* (about ¼ cup total). Makes 2½ dozen, 40 calories each.

AMARETTI DROPS (pictured): Substitute *⅓ cup amaretto cookie crumbs* for ⅓ cup vanilla wafer crumbs, *⅓ cup toasted ground almonds* for pecans and *2 tablespoons amaretto liqueur* and *2 tablespoons water* for rum. Place balls in individual miniature foil liners. Spread each top with some *melted white chocolate* (about 2 ounces total). Makes 2½ dozen, 40 calories each.

CINNAMON CHOCOLATE BALLS (pictured): Substitute *1¼ cups chocolate wafer crumbs* for vanilla wafer crumbs, *½ cup ground walnuts* for pecans and *2 tablespoons water* for rum. Omit cocoa. Add *½ teaspoon cinnamon*. Roll balls in *granulated sugar*. Makes 2½ dozen, 30 calories each.

BASIC FLORENTINE COOKIES

Prep time: 15 minutes
Baking time: 10 to 12 minutes per batch

½ cup all-purpose flour
⅔ cup finely ground walnuts
⅓ cup firmly packed brown sugar
¼ cup light corn syrup
¼ cup butter
2 tablespoons milk

Preheat oven to 350°F. Line 2 cookie sheets with foil; set aside.

In small bowl combine flour and walnuts. In medium saucepan heat brown sugar, corn syrup, butter and milk over medium heat, stirring constantly, until mixture begins to boil. Remove from heat; gradually add dry ingredients, stirring until combined.

Drop batter by heaping teaspoonfuls at least 3 inches apart onto prepared cookie sheets. Bake 10 to 12 minutes, until golden brown. Slide foil from cookie sheets to wire racks to cool 5 minutes. Carefully remove cookies from foil; cool completely on wire racks. Store in tightly covered container with wax paper between layers; refrigerate up to 1 week. Makes 2 dozen, 60 calories each.

Prepare basic recipe and bake as directed with variations below.

ALMOND CREAM ROLLS (pictured): Substitute *½ cup finely ground almonds* for walnuts. Drop batter on 4-inch foil squares arranged on a cookie sheet. Bake cookies one sheet at a time. Cool on wire rack 3 minutes, then shape into a roll, using foil to wrap each cookie around a ½-inch-wide wooden spoon handle. Cool rolls on wire rack. When cool, carefully peel off foil. Just before serving, make filling. Beat *1 cup heavy cream*, *1 tablespoon sugar* and *½ teaspoon vanilla extract* until stiff. Spoon into a pastry bag; pipe cream into rolls. Makes 2 dozen, 105 calories each.

CANDIED FRUIT WITH CHOCOLATE DRIZZLE (pictured): Reduce walnuts to ⅓ cup and add *2 tablespoons finely chopped mixed candied fruits*. Bake. Drizzle each cooled cookie with some *melted semisweet chocolate* (about 2 ounces total). Makes 2 dozen, 75 calories each.

CHOCOLATE ICED: After cooling cookies, lightly spread each cookie bottom with some *melted semisweet chocolate* (about 5 ounces total). Makes 2½ dozen, 75 calories each.

BASIC SPRITZ COOKIES

Prep time: 20 minutes
Baking time: 10 to 12 minutes per batch

2¼ cups all-purpose flour
¼ teaspoon baking powder
¼ teaspoon salt
1 cup butter, softened
⅔ cup sugar
1 egg

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Choco Peanut Butter Dreams

1 ½ cups firmly packed brown sugar • 1 cup creamy or chunk-style peanut butter • ¾ cup margarine • ⅓ cup water • 1 egg • 1 tsp. vanilla • 3 cups Quaker Oats (Quick or Old Fashioned, uncooked) • 1 ½ cups all-purpose flour • ½ tsp. baking soda • 1 ½ cups semi-sweet chocolate pieces • 4 tsps. vegetable shortening • ⅓ cup chopped peanuts (optional)

Heat oven to 350°F. Beat together brown sugar, peanut butter and margarine until light and fluffy. Blend in water, egg and vanilla; add combined dry ingredients; mix well. Shape dough into 1 inch balls. Place on ungreased cookie sheet; flatten to ¼-inch thickness with bottom of glass dipped in sugar. Bake 8-10 minutes or until edges are golden brown. Remove to wire rack; cool completely.

In heavy saucepan over low heat, melt chocolate pieces and vegetable shortening; stir until mixture is melted and smooth.* Top each cookie with ½ teaspoon melted chocolate; sprinkle with chopped nuts. Chill until set. Store in airtight container. Makes about 6 dozen.

*Note: To microwave, place chocolate pieces and vegetable shortening in glass container. Microwave at **HIGH** 1 to 2 minutes, stirring after 1 minute and then every 30 seconds until chocolate is melted and smooth.

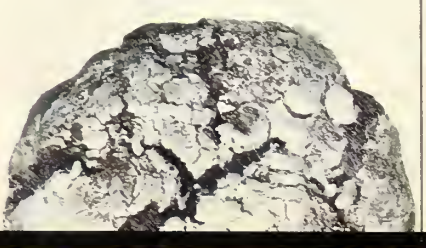


Double Chocolate Treasures

One 12 oz. pkg. (2 cups) semi-sweet chocolate pieces • ½ cup margarine • ¾ cup sugar • 2 eggs • 1 tsp. vanilla • 2 cups Quaker Oats (Quick or Old Fashioned, uncooked) • 1 ½ cups all-purpose flour • 2 tsps. baking powder • ¼ tsp. salt • ½ cup powdered sugar

Heat oven to 350°F. In heavy saucepan over low heat, melt 1 cup chocolate pieces. Stir until smooth; cool slightly.* Beat together margarine and sugar until light and fluffy. Blend in eggs, vanilla and melted chocolate. Add combined dry ingredients except powdered sugar; stir in remaining chocolate pieces. Shape dough into 1-inch balls; roll in powdered sugar, coating heavily. Place on ungreased cookie sheet; bake 10 to 12 minutes. Cool 1 minute on cookie sheet; remove to wire rack. Store in airtight container. Makes about 5 dozen.

*Note: To microwave, place chocolate pieces in glass container. Microwave at **HIGH** 1 to 1½ minutes, stir after 1 minute. Stir until chocolate is melted and smooth.



Chocolate Cherry Brownies

One 16 oz. jar maraschino cherries • ⅔ cup margarine • One 6 oz. pkg. (1 cup) semi-sweet chocolate pieces • 1 cup sugar • 1 tsp. vanilla • 2 eggs, beaten • 1 ¼ cups all-purpose flour • ¾ cup Quaker Oats (Quick or Old Fashioned, uncooked) • 1 tsp. baking powder • ¼ tsp. salt • ½ cup chopped nuts (optional) • 2 tsps. vegetable shortening

Heat oven to 350°F. Drain cherries; reserve 12 and chop remainder. In large saucepan, melt margarine and ½ cup chocolate pieces over low heat; stir until melted. Remove from heat; cool slightly. Add sugar, vanilla and eggs. Stir in combined dry ingredients, chopped cherries and nuts. Spread into greased 13 x 9-inch baking pan. Bake about 25 minutes or until brownies pull away from sides of pan. Cool completely.

Halve reserved cherries; place on top of brownies. In heavy saucepan over low heat, melt remaining ½ cup chocolate pieces and shortening; stir until mixture is melted and smooth.* Drizzle over brownies; cut into 2½-inch squares. Store in airtight container. Makes 2 dozen.

*Note: To microwave, place chocolate and shortening in glass container. Microwave at **HIGH** 1 to 1½ minutes. Stir after 1 minute. Stir until mixture is melted and smooth.



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1 teaspoon vanilla extract

Preheat oven to 350°F. In medium bowl combine flour, baking powder and salt. In mixer bowl cream butter and sugar until light and fluffy. Beat in egg and vanilla. Gradually beat in dry ingredients until well combined.

Insert desired disk into cookie press. Place one third of the dough into cookie press. Pipe dough onto 2 ungreased cookie sheets. Bake 10 to 12 minutes. Cool on wire racks. Repeat with remaining dough. Makes 6 dozen, 45 calories each.

Prepare basic recipe and bake as directed with variations below.

ORANGE-CHOCOLATE SANDWICHES (pictured): Add *1 tablespoon orange-flavored liqueur* and *1½ teaspoons grated orange peel* to creamed butter-sugar mixture. Insert flower disk into cookie press and pipe. Bake. Spread bottoms of half the cooled cookies with *melted semisweet chocolate* (about 4 ounces total), then top with remaining cookies. Makes 3 dozen, 115 calories each.

LEMON-POPPY SEED (pictured): Add *2 teaspoons poppy seed* and *1 teaspoon grated lemon peel* to creamed butter-sugar mixture. Pipe and bake. Decorate cooled cookies if desired. Makes 6 dozen, 45 calories each.

MOCHA: Add *2 teaspoons unsweetened cocoa* and *1½ teaspoons instant espresso powder* to dry ingredients. Pipe and bake. Dip end of each cooled cookie into some *melted semisweet chocolate* (about 8 ounces total). Makes 6 dozen, 60 calories each.

MEXICAN WEDDING: Omit baking powder and reduce salt to ⅛ teaspoon. Add *1 cup finely chopped walnuts* to creamed butter-sugar mixture. Omit egg. Roll dough into 1-inch balls. Bake 12 to 13 minutes. Roll cooled cookies in *confectioners' sugar*. Makes 6 dozen, 55 calories each.

ORANGE-JAM DOT: Add *1 tablespoon orange-flavored liqueur* and *1½ teaspoons grated orange peel* to creamed butter-sugar mixture. Insert flower disk into cookie press and pipe. Bake 5 minutes. Remove from oven and place ⅛ teaspoon *seedless raspberry jam* in center of each flower. Bake 5 minutes more. Makes 6 dozen, 50 calories each.

BASIC ICEBOX COOKIES

Prep time: 10 minutes plus chilling
Baking time: 8 to 10 minutes per batch

1½ cups all-purpose flour
1 teaspoon baking powder
¼ teaspoon salt
½ cup butter, softened
¾ cup granulated sugar
1 egg
¼ teaspoon almond extract
¼ teaspoon vanilla extract
Basic Decorative Icing (see page 188), optional

In medium bowl combine flour, baking powder and salt. In mixer bowl cream butter and sugar. Beat in egg, almond and vanilla extracts until light and fluffy. Gradually beat in dry ingredients until just combined. Roll dough into a 12x1½-inch log. Wrap in wax paper or plastic wrap; freeze 3 hours or refrigerate overnight.

Preheat oven to 350°F. Cut log into ¼-inch-thick slices. Bake on ungreased cookie sheets 8 to 10 minutes. Cool on wire racks. Decorate as desired. Makes 4 dozen, 50 calories each without icing.

Prepare basic recipe and bake as directed with variations below.

ALMOND SPICE (pictured): Add *1½ teaspoons cinnamon* and *½ teaspoon ginger* to dry ingredients. Decrease granulated sugar to ¼ cup and add *½ cup firmly packed brown sugar*. Stir *¾ cup chopped slivered almonds* into dough; shape into a 15x2x1-inch block. Chill, slice and bake. Makes 4 dozen, 60 calories each.

DATE-NUT PINWHEEL (pictured): Prepare basic dough. Between 2 sheets of wax paper roll dough into a 12x8-inch rectangle. Chill. Make filling: Combine *8 ounces pitted dates, finely chopped, ⅓ cup finely chopped walnuts* and *1 tablespoon orange juice*. Roll filling between 2 sheets of wax paper into a 12x8-inch rectangle. Chill. Remove top sheet of wax paper from dough. Remove top sheet of wax paper from filling; invert onto dough. Peel off paper. From long side, roll into log. Chill, slice and bake. Makes 4 dozen, 65 calories each.

VANILLA AND CHOCOLATE PINWHEEL (pictured): Prepare basic dough; divide in half. Beat *1½ tablespoons unsweetened cocoa* into half of dough. Between 2 sheets of wax paper roll each half into 12x8-inch rectangle. Chill. Remove top sheet of wax paper from vanilla dough. Remove top sheet of wax paper from chocolate dough; invert onto vanilla dough. Peel off paper. From long side, roll into log. Chill, slice and bake. Makes 4 dozen, 50 calories each.

BROWN SUGAR-PECAN: Substitute *¾ cup firmly packed brown sugar* for granulated sugar. Omit almond extract and increase vanilla extract to ½ teaspoon. Stir *½ cup chopped pecans* into dough. Roll into log. Chill, slice and bake. Makes 4 dozen, 55 calories each.

LEMON-ANISE: Beat *1 teaspoon anise seed* and *½ teaspoon grated lemon peel* into creamed butter-sugar mixture. Omit almond extract and increase vanilla extract to ½ teaspoon. Roll into a log. Chill, slice and bake. Makes 4 dozen, 50 calories each.

PUFF PASTRY PALMIERS

Prep time: 40 minutes plus chilling
Baking time: 20 to 25 minutes

1½ cups unbleached flour
⅛ teaspoon salt
1 cup unsalted butter (no substitutions), cold and cut up
½ cup sour cream
Sugar

In large bowl combine flour and salt. With pastry blender or 2 knives, cut butter into flour until mixture resembles coarse crumbs. Stir in sour cream. Turn out onto a smooth surface and knead 6 to 8 times, until mixture holds together. Shape into a ball, flatten slightly and wrap well. Refrigerate overnight.

Unwrap chilled dough and cut into 4 equal pieces. Work with 1 piece at a time; refrigerate remaining pieces. Sprinkle 2 tablespoons sugar on a sheet of wax paper. Coat both sides of dough with sugar. Cover dough with another sheet of wax paper and roll, rotating often, into a 12x5-inch rectangle. Remove wax paper. Lightly mark halfway point of 12-inch side. Roll both 5-inch sides jelly-roll fashion toward center until they just meet. Wrap well and freeze 30 minutes or refrigerate overnight. Repeat rolling and chilling with remaining dough.

Line 2 cookie sheets with parchment paper. Place ¼ cup sugar on wax paper. Slice each roll ½ inch thick; dip each cut side into sugar. Place on cookie sheets 2½ inches apart. Return to freezer until firm.

Adjust oven rack to top position. Preheat oven to 375°F. Bake 15 minutes, until golden around edges. Turn cookies over; bake 5 minutes more. Cool on wire racks. Makes 3 dozen, 95 calories each.

Prepare basic recipe and bake as directed with variations below.

ALMOND FANS (pictured): In small bowl beat *4 ounces almond paste* with

2 tablespoons butter until creamy. Beat *1 egg white* with *2 tablespoons sugar* until stiff; fold into almond paste mixture. Set filling aside. Roll each quarter piece of dough into a 12x8-inch rectangle, coating with sugar as directed. Spread one quarter of the filling on each rectangle. From long side, roll up jelly-roll fashion. Wrap and freeze 30 minutes or refrigerate overnight. Cut each roll into 1½-inch-thick slices. Transfer to cookie sheets. Cut 3 slits on one side of each slice. Fan out slightly. Brush slices with *1 egg white* beaten with *1 teaspoon water*. Freeze until firm. Bake 15 to 18 minutes; do not turn. Makes 3 dozen, 120 calories each.

CINNAMON SUGAR TWISTS (pictured): Brush dough rectangles with *1 egg* beaten with *1 teaspoon water*. Sprinkle with a mixture of *½ cup sugar* and *2 teaspoons cinnamon*. Cut each rectangle into twelve 1-inch-wide strips. Twist each dough strip. Freeze until firm. Bake 15 to 18 minutes; do not turn. Makes 4 dozen, 75 calories each.

SUGAR KNOTS (pictured): Roll each quarter piece of dough into a 12x5-inch rectangle using *3 tablespoons sugar* per piece to coat. Cut each rectangle into twelve 1-inch-wide strips. Tie each dough strip into a knot. Freeze until firm. Bake 15 to 18 minutes; do not turn. Makes 4 dozen, 70 calories each.

BASIC DROP COOKIES

Prep time: 20 minutes
Baking time: 12 to 15 minutes per batch

1 cup all-purpose flour
1 teaspoon baking powder
¼ teaspoon salt
½ cup butter or margarine, softened
½ cup granulated sugar
⅓ cup firmly packed brown sugar
1 egg
½ teaspoon vanilla extract
1½ cups chopped almonds
⅔ cup oats, uncooked
¼ cup finely chopped candied ginger

Preheat oven to 350°F. Lightly grease 2 cookie sheets.

In medium bowl combine flour, baking powder and salt. In mixer bowl cream butter or margarine and sugars until light and fluffy. Beat in egg and vanilla. Gradually beat in flour mixture. Stir in almonds, oats and ginger. Drop by teaspoonfuls 2 inches apart onto prepared cookie sheets. Bake 12 to 15 minutes, until golden. Cool on cookie sheets 5 minutes. Transfer to wire racks to cool completely. Makes 3 dozen, 100 calories each.

Prepare basic recipe and bake as directed with variations below.

WHITE CHOCOLATE AND CHERRIES (pictured): Omit almonds, oats and ginger. Stir *1½ cups chopped walnuts*, *6 ounces white chocolate, coarsely chopped,* and *½ cup chopped candied cherries* into batter. Bake. Makes 3 dozen, 125 calories each.

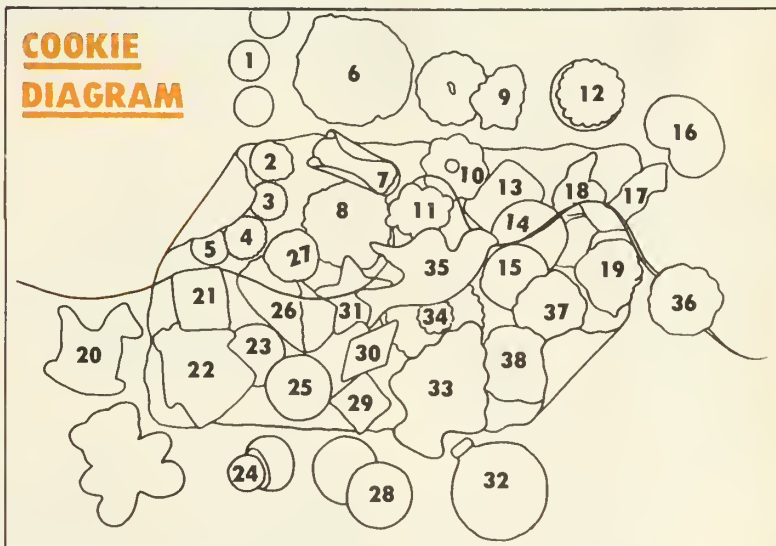
TRIPLE CHOCOLATE (pictured): Decrease flour to ¾ cup; add *¼ cup unsweetened cocoa* to dry ingredients. Increase granulated sugar to 1 cup and omit brown sugar. Decrease chopped almonds to ½ cup and stir into batter with *1 cup semisweet or mint chocolate chips* and *3 ounces white chocolate, coarsely chopped.* Omit oats and ginger. Bake. Makes 3 dozen cookies, 100 calories each.

OATMEAL DATE: Add *¼ teaspoon allspice* to dry ingredients. Omit almonds and ginger. Increase oats to 1 cup and stir into batter with *1 cup chopped walnuts* and *1 cup chopped dates*. Bake. Makes 3 dozen, 100 calories each.

KIDS' FAVORITE: Decrease flour to ¾ cup; add *¼ cup unsweetened cocoa* to dry ingredients. Increase granulated sugar to 1 cup and omit brown sugar. Omit almonds, oats and ginger. Stir *2 cups candy-coated chocolate candies* into batter. Bake. Makes 4 dozen, 90 calories each.

CRANBERRY LEMON ICED DROPS: Add *½ teaspoon cinnamon* to dry ingredients. Add *½ teaspoon grated lemon peel* to creamed butter-sugar mixture. Omit almonds, oats and ginger. Stir *1½ cups chopped, toasted walnuts* and *1½ cups cranberries, chopped*,

COOKIE DIAGRAM



1. Basic No-Bake
2. Rum-Coconut Bon-Bon
3. Mocha Bon-Bon
4. Amaretti Drop
5. Cinnamon Chocolate Ball
6. Basic Florentine Cookie
7. Almond Cream Roll
8. Candied Fruit-Chocolate Drizzle
9. Basic Spritz Cookie
10. Orange-Chocolate Sandwich
11. Lemon-Poppy Seed
12. Basic Icebox Cookie
13. Almond Spice
14. Date-Nut Pinwheel
15. Vanilla-Chocolate Pinwheel
16. Puff Pastry Palmier
17. Cinnamon Sugar Twist
18. Sugar Knot
19. Almond Fan
20. Basic Gingerbread Cookie
21. Fruitcake Square
22. Lebkuchen
23. Gingersnap
24. Basic Meringue Cookie
25. Mocha-Almond Sandwich
26. Chocolate-Cinnamon
27. Peppermint Kiss
28. Basic Shortbread Cookie
29. Marzipan Bar
30. Apricot Crumb Diamond
31. Hazelnut
32. Basic Sugar Cookie
33. Lime Tree
34. Jam Sugar
35. Cinnamon Dove
36. Basic Drop Cookie
37. Triple Chocolate
38. White Chocolate-Cherries

into batter. Bake. Meanwhile, make icing. In small bowl whisk together *1 cup confectioners' sugar, 2 tablespoons milk, ¼ teaspoon grated lemon peel* and a *pinch salt*. Ice cooled cookies. Makes 4 dozen, 80 calories each.

BASIC SUGAR COOKIES

Prep time: 1 hour plus chilling
Baking time: 8 to 9 minutes per batch

2½ cups all-purpose flour
¼ teaspoon salt
1 cup butter, softened
1 cup sugar
1 egg
1½ teaspoons grated lemon peel
½ teaspoon vanilla extract
Basic Decorative Icing (see page 188), optional

In medium bowl combine flour and salt. In mixer bowl cream butter and sugar until light and fluffy. Beat in egg, lemon peel and vanilla. Beat in dry ingredients just until combined. Cover and refrigerate overnight.

Preheat oven to 350°F. Grease 4 cookie sheets. Divide dough into quarters. Between 2 sheets wax paper roll 1 dough piece ⅛ inch thick. Keep remaining dough refrigerated. With floured 2-inch cookie cutter, cut into desired shapes. Bake 8 to 9 minutes, until edges are golden. Cool on wire racks. Repeat with remaining dough. Decorate if desired. Makes 7 dozen, 45 calories each without icing.

Prepare basic recipe and bake as directed with variations below.

LIME TREES (pictured): Cut rolled dough with floured 4-inch tree-shaped cookie cutter. Bake. Meanwhile, make icing. In mixer bowl beat *2 cups confectioners' sugar, 2 tablespoons softened butter, 2 tablespoons milk, 1 tablespoon fresh lime juice, 1 teaspoon grated lime peel* and *pinch salt* until smooth and spreadable. Ice cooled cookies. Decorate if desired. Makes 5 dozen cookies, 80 calories each without decorations.

CINNAMON DOVES (pictured): Omit lemon peel and increase vanilla extract to 1 teaspoon. Cut rolled dough with floured 4-inch dove-shaped cookie cutter. Lightly brush with *beaten egg white*. Sprinkle with a mixture of *¼ cup sugar* and *½ teaspoon cinnamon*. Bake. Meanwhile, beat *2 tablespoons orange juice* and *1 teaspoon grated orange peel* into Basic Decorative Icing (see page 188). Pipe onto cooled cookies. Makes 5 dozen, 80 calories each.

JAM SUGAR (pictured): Cut rolled dough with floured 2½-inch-round cookie cutter. Cut out centers of half the unbaked cookies with 1-inch-round cookie cutter (refrigerate remaining cookies). Refrigerate. Spoon a level ½ teaspoon *seedless raspberry jam* on center of each of the remaining cookies; brush edge with *beaten egg*. Top each with a cut-out cookie, pressing edges to seal. Bake 15 to 17 minutes, until edges are golden. Makes 2½ dozen, 55 calories each.

CARAWAY CUT-OUTS: Add *2 teaspoons caraway seed* and *½ teaspoon nutmeg* to dry ingredients. Cut as desired and bake. Makes 7 dozen, 45 calories each.

COCOA SUGAR: Reduce flour to 2¼ cups. Add *⅓ cup unsweetened cocoa* to dry ingredients. Omit lemon peel and increase vanilla extract to 1 teaspoon. Roll, cut and bake. Spread each cooled cookie with some *melted semisweet chocolate* (about 8 ounces total), then drizzle with Basic Decorative Icing (see page 188). Makes 7 dozen, 65 calories each.

BASIC SHORTBREAD COOKIES

Prep time: 20 minutes
Baking time: 12 to 15 minutes per batch

1 cup butter, softened
¾ cup sifted confectioners' sugar
2½ cups all-purpose flour
1 egg white, beaten, and colored sugar, optional

Preheat oven to 350°F. In mixer bowl cream butter and sugar until light and fluffy. Gradually add flour, beating until just mixed.

Turn dough onto smooth surface; knead lightly. Divide dough in half. Wrap and refrigerate one half. Between 2 sheets of wax paper roll other half dough ¼ inch thick; cut with a floured 2-inch cookie cutter. Place 1 inch apart on an ungreased cookie sheet. Pierce each cookie with a fork. If dough gets too soft, refrigerate before baking. Repeat, cutting and piercing remaining dough. Bake 12 to 15 minutes, until very lightly golden. Cool on wire racks. Roll edges in egg white, then in colored sugar if desired. Let dry. Makes 4 dozen, 70 calories each.

Prepare basic recipe and bake as directed with variations below.

MARZIPAN BARS (pictured): Preheat oven to 375°F. Substitute *½ cup granulated sugar* for confectioners' sugar and beat *1 egg yolk* into creamed butter-sugar mixture. Do not knead. Spread dough evenly in a 15½x10½-inch jelly-roll pan. Bake 20 minutes. Cool on wire rack 5 minutes. Meanwhile, make marzipan topping. Cream *1¼ cups butter, softened, 1 cup granulated sugar* and *1 can (8 oz.) almond paste* until light and fluffy. Beat in *5 eggs, 1 teaspoon vanilla extract* and *6 drops green food coloring*. Combine *¾ cup all-purpose flour* and *2 tablespoons cornstarch*; fold into marzipan mixture. Spread crust with *½ cup peach preserves*. Spoon topping evenly over preserves. Bake 25 to 30 minutes more, until golden. Cool in pan on wire rack. When cool, spread top with *melted semisweet chocolate* (about 4 ounces total). Refrigerate until chocolate is firm. Cut into 1½-inch squares. Makes 5½ dozen, 125 calories each.

APRICOT CRUMB DIAMONDS (pictured): Substitute *½ cup granulated sugar* for confectioners' sugar and beat *1 egg yolk* into creamed butter-sugar mixture. Do not knead. Spread dough evenly in a 15½x10½-inch jelly-roll pan. Bake 20 to 25 minutes, until golden. Cool on wire rack 5 minutes. Meanwhile, make topping. Combine *½ cup all-purpose flour, ½ cup firmly packed brown sugar* and *½ teaspoon cinnamon*. With pastry blender or 2 knives, cut in *¼ cup butter* until mixture resembles coarse crumbs. Stir in *1½ cups chopped walnuts*. Spread crust with *1 jar (12 oz.) apricot preserves*. Sprinkle nut mixture over preserves. Bake 20 to 25 minutes more, until golden. Cool in pan on wire rack. Cut crosswise into 1½-inch strips, then cut diagonally at 2-inch intervals to form diamonds. Makes 4 dozen, 135 calories each.

HAZELNUT (pictured): Stir *1 cup finely chopped, toasted, skinned hazelnuts* into dough. Cut with floured 2-inch star-shaped cookie cutter. Makes 4 dozen, 85 calories each.

BASIC MERINGUE COOKIES

Prep time: 30 minutes plus standing
Baking time: 1 hour 15 minutes

2 egg whites, at room temperature
¼ teaspoon cream of tartar
⅛ teaspoon salt
½ cup granulated sugar
1 teaspoon vanilla extract
3 drops almond extract

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- 1⅓ cups packed brown sugar
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- 1 teaspoon vanilla
- 2 eggs
- 2¼ cups flour
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- ½ cup chopped nuts
- 1 teaspoon baking soda
- ½ teaspoon salt

Heat oven to 350°. Mix brown sugar, margarine, vanilla and eggs in large bowl until well blended. Stir in remaining ingredients. Drop dough by rounded tablespoonfuls about 3 inches apart onto lightly greased cookie sheet. Press 3 or 4 additional candies in each cookie if desired. Bake until light brown, 10 to 12 minutes. Cool slightly; remove to wire rack. About 2½ dozen cookies.

Recipe for Double Chocolate Oatmeal Bars can be found on specially marked packages of "M&M's"® Plain and Peanut Chocolate Candies.

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Preheat oven to 225°F. Line 2 cookie sheets with foil.

In large mixer bowl beat egg whites until foamy. Add cream of tartar and salt; beat until soft peaks form. Gradually beat in sugar; continue beating until stiff. Beat in vanilla and almond extracts. Beat 5 minutes more. Spoon meringue into pastry bag; pipe as desired.

Bake 1 hour 15 minutes. Turn oven off. Cool in oven at least 1½ hours or overnight. Carefully peel from foil.

To make meringue mushrooms: With ¾-inch plain piping tip, pipe twenty-four 1-inch-long stems and twenty-four 1½-inch-round caps 1 inch apart onto prepared cookie sheets. Bake. Hold a cap upside down and spread with some *melted semisweet chocolate* (about 3 ounces total) over the flat side of cap. Place a stem on the chocolate. Let mushroom stand upside down until the chocolate hardens. Repeat. Makes 2 dozen, 40 calories each.

Prepare basic recipe and bake as directed with variations below.

CHOCOLATE-CINNAMON (pictured): Reduce vanilla extract to ½ teaspoon and omit almond extract. Fold *3 tablespoons unsweetened cocoa* and *¼ teaspoon cinnamon* into stiffly beaten egg whites. With #47 large basketweave tip, pipe meringue into 3-inch lengths. Bake. When cool, dip each into some *melted semisweet chocolate* (about 4 ounces total). Makes 3½ dozen, 20 calories each.

PEPPERMINT KISSES (pictured): Reduce vanilla extract to ½ teaspoon and omit almond extract. Beat *1 drop red food coloring* into stiffly beaten egg whites and fold in *½ cup crushed peppermint candy*. With a #5 star tip, pipe 1-inch kisses. Bake. Makes 4 dozen, 15 calories each.

MOCHA-ALMOND SANDWICHES (pictured): Reduce vanilla extract to ½ teaspoon and omit almond extract. Fold *½ cup finely chopped, toasted almonds* and *2 teaspoons instant espresso powder* into stiffly beaten egg whites. With ¾-inch plain tip, pipe into 2-inch circles. Bake. When cool, spread flat side of half of the meringues with some *melted semisweet chocolate* (about 4 ounces total). Top with remaining meringues. Sift *unsweetened cocoa* on top; drizzle with remaining melted chocolate. Makes 1½ dozen, 75 calories each.

ORANGE DELIGHTS: Substitute *1 teaspoon orange juice* for vanilla and almond extracts. Fold *1½ teaspoons grated orange peel* into stiffly beaten egg whites. Pipe as desired. Bake. Makes 4 dozen 1-inch meringues, 10 calories each.

BROWN SUGAR KISSES Substitute *½ cup firmly packed brown sugar* for granulated sugar. Reduce vanilla extract to ½ teaspoon and omit almond extract. Fold *½ cup finely chopped pecans* into stiffly beaten egg whites. Pipe as desired. Bake. Makes 4 dozen 1-inch meringues, 15 calories each.

COCONUT: Reduce vanilla extract to ½ teaspoon. Omit almond extract. Fold *½ cup shredded coconut* into stiffly beaten egg whites. Pipe as desired. Bake. Makes 4 dozen 1-inch meringues, 10 calories each.

MAPLE WALNUT: Substitute *½ teaspoon maple flavoring* for vanilla and almond extracts. Fold *½ cup finely chopped, toasted walnuts* into stiffly beaten egg whites. Pipe as desired. Bake. Makes 4 dozen 1-inch meringues, 15 calories each.

BASIC GINGERBREAD COOKIES

Prep time: 50 minutes plus chilling
Baking time: 10 to 12 minutes per batch

3 cups all-purpose flour
2 teaspoons ginger
1 teaspoon baking soda
1 teaspoon cinnamon
½ teaspoon nutmeg
¼ teaspoon cloves
¼ teaspoon salt
¾ cup shortening
¾ cup firmly packed brown sugar
½ cup unsulfured molasses
1 egg
Basic Decorative Icing (see below), optional

In medium bowl combine flour, ginger, baking soda, cinnamon, nutmeg, cloves and salt. In mixer bowl cream shortening and brown sugar until light and fluffy. Beat in molasses and egg. Beat in dry ingredients just until combined. Cover and refrigerate at least 2 hours or overnight.

Preheat oven to 350°F. Grease two cookie sheets. Divide dough into quarters. Between 2 sheets of wax paper roll 1 piece dough ¼ inch thick; refrigerate remaining dough. With floured 2-inch cookie cutter, cut into desired shapes. Bake 10 to 12 minutes. Cool on wire racks. Repeat with remaining dough. Ice and/or decorate as desired. Makes 4 dozen, 80 calories each without decorations.

Prepare basic recipe and bake as directed with variations below.

LEBKUCHEN (pictured): Add *⅓ cup finely chopped candied lemon peel* to dry ingredients and substitute *½ cup honey* for molasses. Roll, cut and bake. Decorate with Basic Decorative Icing (see below) if desired. Makes 4 dozen, 90 calories each without icing.

GINGERSNAPS (pictured): Roll chilled dough into 1-inch balls. Roll balls in *⅓ cup granulated sugar*. Place on prepared cookie sheets 1½ inches apart; flatten slightly. Bake. Makes 6 dozen, 60 calories each.

FRUITCAKE SQUARES (pictured): Preheat oven to 325°F. Omit ginger and nutmeg. Increase egg to 2 eggs; beat in with *¼ cup cognac*. Fold *2½ cups chopped, mixed candied fruits, 1½ cups chopped pecans* and *1 cup raisins* into batter. (Do not refrigerate batter.) Spread evenly into a 15½x10½-inch jelly-roll pan. Bake 35 to 40 minutes. When cool, cut into 1½-inch squares. Makes 5½ dozen, 100 calories each.

ORANGE-GINGER: Add *1½ teaspoons grated orange peel* to creamed butter-sugar mixture. Generously sprinkle rolled dough with *granulated sugar*. With rolling pin, lightly press sugar into dough before cutting into desired shapes. Bake. Makes 4 dozen, 90 calories each.

HERMITS: Omit ginger. Increase brown sugar to 1 cup. Increase egg to 2 eggs; beat in with *½ cup sour cream*. Fold *1 cup raisins, 1 cup chopped figs* and *1 cup chopped walnuts* into batter. (Do not refrigerate batter.) Drop by rounded teaspoonfuls 1½ inches apart onto ungreased cookie sheets. Bake 13 to 15 minutes. Meanwhile, make frosting. In mixer bowl cream *¼ cup butter or margarine* and *2 cups confectioners' sugar*. Add *1 teaspoon vanilla extract*. Beat in *3 to 4 tablespoons milk* until smooth and spreadable. Spread over cooled cookies. Makes 7 dozen, 90 calories each.

BASIC DECORATIVE ICING

Prep time: 10 minutes

2 cups confectioners' sugar
1 egg white
1 tablespoon water
¼ teaspoon cream of tartar
Food coloring, as desired

In mixer bowl combine all ingredients. Beat 3 to 5 minutes until smooth and thickened. Tint icing with food coloring as desired. Makes 1½ cups, 40 calories per tablespoon. **End**

Recipes developed by Carol Prager and Elizabeth Marks.

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HOME FOR CHRISTMAS

continued from page 178

someone else's child, she had known he had no doubts.

When he came back to their room, Sarah stood up. "Merry Christmas, love," she said softly, putting her arms around him.

"Merry Christmas yourself," he said, and he kissed her very thoroughly. "But it isn't going to be Christmas for two more days."

"I know. I just feel like saying it now," Sarah told him, "because I know it's going to be such a happy Christmas."

She didn't know, afterward, quite how she had pictured their arrival. Foolish to have thought that Rob's parents would actually be waiting for them at the gate, because of course they could not have known the right time. And foolish, really, to have thought they would come running eagerly. Of course, when you don't know people, when you meet them for the first time, you approach slowly. Then you greet them formally, with your lips cool and dry against their cheeks in a brushing, fleeting touch.

"And this must be Mandy," Rob's mother said. Why on earth, Sarah asked herself, should she have thought that Rob's mother would kneel down and put her arms around a little girl she'd never seen before?

"Are you Rob's mommy?" Mandy asked curiously. "And is this Rob's daddy?"

Sarah wished that this had been one of the times Mandy had called Rob Daddy, but it couldn't be helped. Maybe the fractional pause didn't really mean that Rob's mother disapproved of Mandy's using the first name of the man who would soon be her legal father, when the adoption went through. I'll explain to her later, Sarah thought, maybe when I'm helping her in the kitchen.

It turned out that Rob's mother was pretty well organized in the kitchen. Waking later than she had meant to the next morning, Sarah came in to find her mother-in-law putting the finishing touches on the stuffing.

"Oh, I'd wanted to be up in time to help you with the stuffing," she said. "We hadn't meant to sleep so long—I didn't realize you'd have started making it this early."

"I like to have everything ready," Rob's mother said briskly. "And you had a long trip. I'm not surprised you needed sleep."

Sarah pulled out a chair and sat down awkwardly at the kitchen ta

"I was hoping to learn how to m that oatmeal stuffing," she said d minedly. "I know that Rob is so fond of it."

"I'll write it out for you, if you l her mother-in-law replied. "Now just make some coffee. Is Rob aw And Mandy?"

"Yes, they'll be down in a min Sarah told her. "But I can make br fast for us. I'm you have plen other things..." voice trailed of certainly.

"Not at all, I everything st —apart from last-minute thi

The worried somewhat anx look in that pi graph must been completel ceptive, Sarah alized, for mother was a organized, effi woman. Rob's m er . . . Sarah meant to call Mom and Dad the start—bu hadn't been easy. And the er she put it off more difficult i came. Rob's mo also hadn't out and said she would like rah to call Mom. His fa hadn't said thing either, Sarah had rea quickly that father was a man who left of the talking t wife.

"Well, I watch the to Sarah volunte a little despera

"It will po when it's rea her mother-in said. "Now, Mandy eat boiled eggs?"

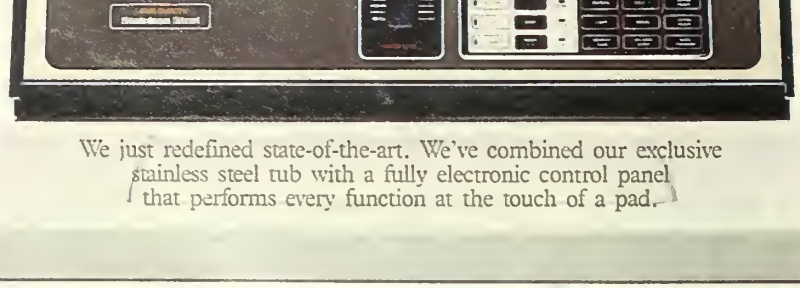
"Mandy will eat anything," S replied quickly and untruthfully, ing defensive. Sooner or later, knew, Mandy would prove her w on this, but she couldn't take words back now.

"I must have another look at the Cl mas tree," Sarah said, rising. "I c get a really good look at *(contin*

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Sarah couldn't see her face. "Lisa and I decided to go separate ways this year," she replied. "What with Janet married now, and Peter and his wife just ha their second, there would have been such a crowd."

Exactly, Sarah thought despairingly, the family c she longed for—uncles and aunts and cousins, a new for everyone to hold and admire. It would have been lo

Carefully she put down the plate she had just drie hope that wasn't because of us," she said, trying ha keep her voice steady.

The water gurgled out of the sink.

"Well, it had to come at some stage," Rob's mo replied. "The walls aren't elastic. Besides, we didn't k how you would take to a big, noisy crowd—you Mandy—not being used to it."

It's now or never, Sarah thought. It should be "You and . . . Rob's father . . ." Sarah said slowly, must have been surprised when Rob told you we getting married."

Her mother-in-law wiped the spotless sink vigoro "Yes, we were," she agreed.

Sarah waited, but nothing more was forthcoming. you mind?" she asked with difficulty. "I mean—me ing Mandy and having been married before?"

For a moment, Rob's mother's eyes, the same v gray as her son's, met hers, cool and level. "Rob' enough to make his own decisions," she said.

Make his own decisions, right or wrong. She hadn't those words, but Sarah sensed them.

"Are you sure there isn't anything we can do?" asked brightly, changing the subject. "I know Rob w to show us his old school, and we could stop at the and do some shopping on the way."

The only things needed, apparently, were bread milk; and Sarah had the feeling that Rob's *(contin*

■ HOME FOR CHRISTMAS
continued

it when we came in last night." She walked into the comfortable living room and stopped.

Slowly she crossed the room and touched the tree. Surely it wasn't—

It wasn't real! It looked almost real, but it wasn't.

"Much easier than the real ones, actually," Rob's mother said, coming up behind her. "The falling needles always made such a mess."

"Yes—yes, of course," Sarah agreed, and she smiled with difficulty. "Yes, it does look nice."

That was true, she told herself. Really, with all the ornaments, you could hardly tell, standing at the door.

Rob and Mandy came in then for breakfast, and she joined them in the kitchen. Mandy ate her boiled egg with only one quick look of reproach at her mother; Sarah was grateful.

"What can I do to help for tomorrow?" Sarah asked hopefully when they had finished. Rob had taken Mandy out to show her the swing hanging from the old oak tree at the end of the garden.

"Not a thing, my dear," Rob's mother said. "You go with Rob. I'm sure there's a lot he wants to show you."

"What about the pies? Couldn't I make the dough or roll out pastry or something?"

"All done," her mother-in-law said. "I did them last week and put them in the freezer. I'll just take them out to defrost tomorrow."

"Are you expecting a big crowd tomorrow?" Sarah asked, drying the dishes. "Rob says his Aunt Lisa and her family usually come over for Christmas dinner."

The older woman's head was bent over the sink, so



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HOME FOR CHRISTMAS
continued

mother suggested that only because she could see Sarah needed to feel useful in some small way. And I should be glad she realizes that, Sarah reminded herself severely as they set off. It wasn't that she made them feel unwelcome in any way. Perhaps it was just that everything was so different from what Sarah had imagined. She was sure now that Rob's mother would feel the silk scarf wasn't a useful, practical present, the sort of gift she probably wanted.

Throughout Christmas Eve, that vague sense of disappointment remained with her. It was still there in the evening, even when Mandy, in her pajamas, her small face bright with excitement, carefully hung her stocking beside the fireplace.

"Did I do this last year, Mommy?" she asked, turning to Sarah.

"Yes, you did," Sarah replied, remembering with a stab of sorrow the two of them alone in the small apartment. "But we didn't have a fireplace, so you hung your stocking on the coffee table. Remember?"

Mandy frowned. "Yes, I remember, Mommy. But it's nicer with a fireplace, isn't it, Rob?"

"Much nicer," Rob agreed. "O
on, time for bed. You know you ha
be asleep before Santa and his
deer come."

"With Rudolph and his nos
bright," Mandy said, giggling, as
lifted her up in his arms and ca
her to bed.

Later, when Rob and Sarah
certain Mandy was asleep, they
down and filled the stocking with
little things Sarah had hidden in
suitcase.

"I didn't get anything for her s
ing," Rob's mother said, looking a
clown-topped pencil peeping out
the top. "I wasn't sure if you woul
her hang up a stocking. You r
know with young people nowaday

"It's all right," Sarah said quick
too quickly, she knew. "I wou
have expected you to do anything

Sarah woke early the next morni
the silence of the sleeping house
Not even Mandy was awake. As
lay in bed beside Rob, with
warmth of his body close to hers,
ly, surely, the disappointment she
felt the day before finally left h
have so much, she thought grate
Rob, Mandy—and next year or
year after, maybe we'll have a bab
the years to come, Rob and I will
our own traditions. They aren't in
tant, these things that I've allow
bother me.

Far away, she could hear b
Christmas bells. It's going to be a
Christmas, Sarah thought peacefu

Mandy woke then.

"Mommy, it's Christmas, it's Cl
mas! Wake up, Daddy, we've got t
if he's been—hurry!"

As Rob and Sarah held her
hands, Mandy paused at the l
room door. Sarah could almost
her hold her breath, afraid to
afraid of the disappointment if
was nothing...

"Oh!"

It was pure joy as she saw the
ing stocking. "Look, Rob's Mor
he's been," she cried, ecstatic.

"So I see, Mandy," Mrs. Joh
said, smiling at the little girl's ex
ment. And to Sarah, "I've made
of coffee. We'll never get this chi
have any breakfast until she's lo
at her presents."

Somehow, in a robe, with her
loose, she looked less formidable,
organized, Sarah thought. And
father, in his robe, too. She h
really noticed before how like hi
ther Rob was—what a warm, y
smile the older man had.

The four of them sat down
drank coffee while Mandy thrust
small hand into the stocking and

each little gift, slowly, wonderly. Nothing was very expensive or iting, but it was worth the time ah had spent putting it together.

At last, with a deep sigh of satisfac-n, Mandy sat back on her heels. "I like Christmas," she said happily.

"Christmas isn't finished yet, ndy," Rob's father told her. "Isn't t big parcel under the tree for you? esn't it say 'Mandy' on it? You'd bet- open it."

The parcel hadn't been there when y went to bed, nor had the other, n bigger one. Sarah looked at Rob's ther, but the older woman's eyes e on Mandy as she opened the gift. t was a rag doll, with a smiling face l bright orange-red hair. She was aring a calico dress, and she held in hand a little calico bag.

Mandy held the doll away from her, dying her. Then, very gently, with chubby finger, she traced the smile the doll's face.

Is she really mine?" she whispered. ho gived her to me?"

I made her for you, Mandy," Rob's ther said softly. "I call her Mary ie, but maybe you can think of a ter name."

Mandy shook her head vigorously. ary Jane is my best name," she said cely. "Does her dress come off?"

"Look inside her bag—she has another dress right there," Mrs. Johnson said. "But maybe you'd better look at your other package."

Somehow Sarah knew even before Mandy tore the paper off that it would be a cradle for Mary Jane. But she could only look with awe upon the golden glow of wood, at the careful carving on the rockers, and then across at Rob's father.

"It's beautiful," she murmured. "So much work—both of you, doing all this for Mandy."

Her father-in-law cleared his throat. "Always been a hobby of mine," he said apologetically. "And when I saw Helen working on the doll, I knew she'd need a bed." Mary Jane was sitting in the cradle now, and Mandy was carefully covering her with a small crocheted bedcover.

Sarah looked across at Rob's mother, her heart too full for words.

"Always did want a daughter," the older woman said. "You can't do things like this for a son. Well, now we've got a granddaughter, Jim and I, to do things for." She stood up. "You're going to have to wait for your present, Sarah," she said. "I'm making a patchwork quilt for you and Rob, and—well, I got kind of tied up with Mary Jane here. But I'll get back to it now."

She would like the silk scarf, Sarah was certain of that. She would know that Sarah had chosen it carefully, lovingly, for her, and she would like it.

"Look at the time, and no breakfast made yet!" Mrs. Johnson gazed at Sarah. "Lisa and her crowd are coming over in the afternoon, can't wait any longer to meet you and Mandy. We usually go to church on Christmas morning, but please yourself."

Yesterday, Sarah might have felt rebuffed by the abrupt words. Rebuffed, unwanted, unwelcome. Today—Christmas Day—she knew with complete certainty that she and Mandy were more than welcome in Rob's home, in his family.

"Thank you," she said clearly, steadily. "We'd like to go to church with you. I'll get Mandy ready."

Rob's mother shook her head. "You get yourself ready, Sarah—I'll get Mandy ready." She cleared her throat. "Looks as if Mary Jane is coming to church with us."

Mandy held the rag doll firmly in her arms.

"Will it matter?" Sarah asked.

"Not a bit," her mother-in-law said firmly. "Reverend Davies won't mind—after all, it's a family time, Christmas."

And we, Sarah thought with joy and certainty, are a family. **End**

ONE-STOP SHOPPING



Hershey's® Miniatures. A little something for everyone.

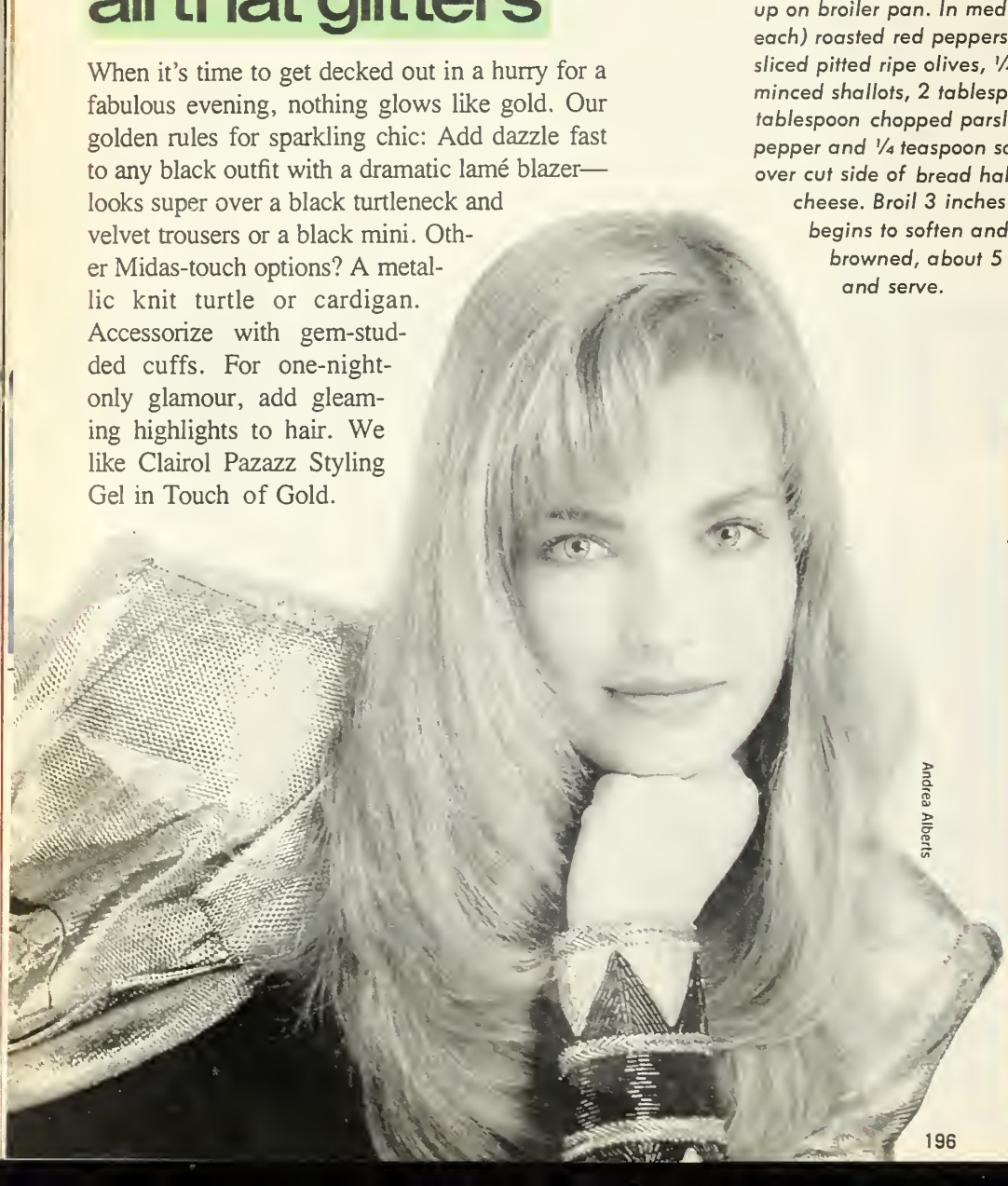
MORE BUSY WOMAN'S GUIDE

continued from page 147

We know how rushed you are at Christmas. Below, more time-savers and quick-fix gifts

all that glitters

When it's time to get decked out in a hurry for a fabulous evening, nothing glows like gold. Our golden rules for sparkling chic: Add dazzle fast to any black outfit with a dramatic lamé blazer—looks super over a black turtleneck and velvet trousers or a black mini. Other Midas-touch options? A metallic knit turtle or cardigan. Accessorize with gem-studded cuffs. For one-night-only glamour, add gleaming highlights to hair. We like Clairol Pazazz Styling Gel in Touch of Gold.



Andrea Alberts



spicy hors d'oeuvres

This tangy Roasted Red Pepper Baguette is finished in a jiffy, great for last-minute entertaining: Preheat broiler. Slice 1 loaf French bread in half lengthwise; place cut s up on broiler pan. In medium bowl combine 2 jars (7 o each) roasted red peppers, drained and sliced, ⅓ cup sliced pitted ripe olives, ¼ cup extra-virgin olive oil, ¼ minced shallots, 2 tablespoons balsamic vinegar, 1 tablespoon chopped parsley, ½ teaspoon freshly groun pepper and ¼ teaspoon salt. Stir to mix well. Spoon eve over cut side of bread halves. Crumble on 4 ounces goa cheese. Broil 3 inches from heat source until cheese begins to soften and edges of bread are slightly browned, about 5 minutes. Cut into 1-inch slices and serve.

sachets

A speedy gift kids make with some help f Mom. Spicy sachets perfect for mulled wine, or hot chocolate: For e sachet, cut a 4-inch squ of cheesecloth. Place each: 1 broken cinnam stick, 6 whole cloves cardamom pods and ha bay leaf. Gather corn and tie with thread. Giv recipient with instructi Use 1 sachet to mull 2 c wine or cider 20 minu or add to a cup of tea w steeping or a cup of r while heating for cocoa.



Pumpkin Pie. Homemade with Love.



You can taste all the love you bake into a Libby's Pumpkin Pie.

It's delicious and so easy to make with the recipe below using Libby's Pumpkin and Carnation Evaporated Milk.

LIBBY'S FAMOUS PUMPKIN PIE

2 eggs, slightly beaten
1 can (16 oz.) Libby's® Solid Pack Pumpkin
¾ cup sugar
½ teaspoon salt
1 teaspoon ground cinnamon
½ teaspoon ground ginger
¼ teaspoon ground cloves
1½ cups (12 oz. can) undiluted Carnation® Evaporated Milk
1 9-inch unbaked homemade pie shell with high fluted edge

Preheat oven to 425°. Mix filling ingredients in order given. Pour into pie shell. Bake 15 minutes. Reduce heat to 350°; continue baking 45 minutes or until knife inserted near center comes out clean. Cool completely. Garnish, if desired, with whipped topping. Makes one 9-inch pie.



© 1987, Carnation Co

Dear Santa Claus

Please bring me
a truck and
a puppy
and a bike
and a computer
game.
I have been
very good.
Your friend.
Jeffrey M.

Elb. Schultz—
Don't forget
the
Puppy
Chow

Santa



Santa knows growing puppies need more nutrition than adult dogs. And he knows that Purina® Puppy Chow® brand puppy food has all the extra nutrition puppies need. So be good and give your puppy Puppy Chow. Regular or beef flavor.

Happy Holidays: A helpful puppy care handbook can be yours. Just send 60¢ cash or check to: **All About Your Puppy Booklet, P.O. Box 21039, Mascoutah, IL 62224**

Offer good in U.S.A. only. Void where taxed or prohibited. Allow 4-6 weeks for shipment. Zip code must be included to process request. Limit one per household. Offer expires March 31, 1988.

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creamy café

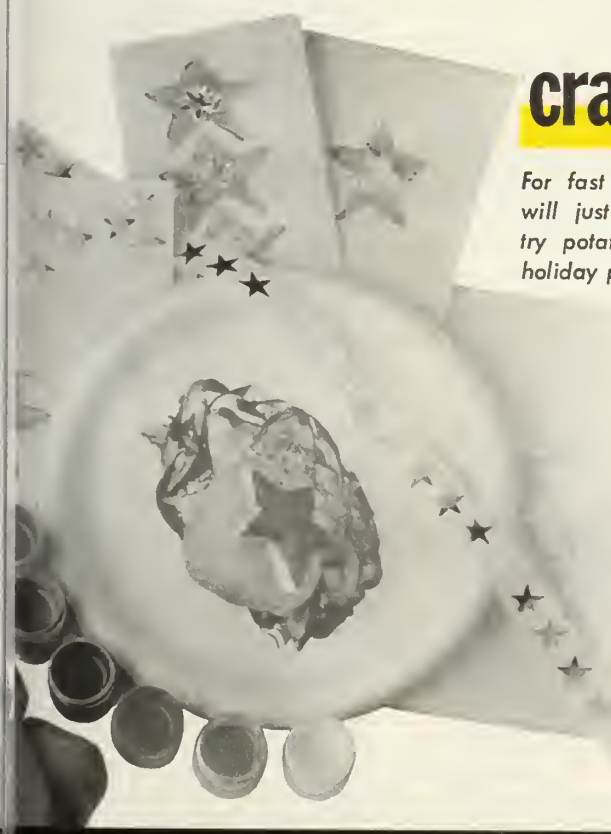
For a post-dinner treat, offer guests Hazelnut Café. It's done in a flash and tastes extra-special. To ¾ cup coffee add 2 Tb. hazelnut liqueur and 1 Tb. crème de cacao. Top with unsweetened whipped cream and semisweet chocolate shavings. Yum!



Photo, Mark Thomas. Mini-tree created by Twigs, Inc.

mini-trees

Effortless trimming for the mantel: Turn a houseplant into a pint-sized Christmas tree! Works best with a boxwood, privet or small evergreen. Cut eight lengths of ribbon, each measuring twice the height of the plant. Lay them on top of one another in a starburst pattern; staple a bow to the center. Attach bow to top of plant; let streamers flow down.



crafty cards

For fast Christmas greetings kids will just love to make and send, try potato prints: Draw a simple holiday pattern—a star or a tree—on paper and cut it out. Cut a potato in half, affix pattern to potato half with a pin or two, then trace around the pattern with a knife. Remove pattern and cut away potato around design until it stands out a quarter of an inch. Put poster paint into a shallow dish, dip potato stamp into it and press onto folded piece of paper for a card. ▶



Blueberry Pumpkin Muffins Homemade with Love

1⅔ cups flour
1 teaspoon baking soda
½ teaspoon baking powder
½ teaspoon salt
1 teaspoon cinnamon
½ teaspoon allspice
1 cup Libby's® Solid Pack Pumpkin
¼ cup undiluted Carnation® Evaporated Milk
⅓ cup shortening
1 cup firmly packed light brown sugar
1 egg
1 cup blueberries
1 tablespoon flour
Streusel

Combine first six ingredients. Combine pumpkin and evaporated milk until blended. Cream shortening and sugar in large mixer bowl. Add egg; beat until mixture is fluffy. Add flour mixture alternately with pumpkin mixture, beating well after each addition. Combine blueberries and flour. Gently stir into batter. Fill 18 paper-lined muffin tins ¾ full. Sprinkle Streusel over top of muffins. Bake in moderate oven (350° F.) 40 minutes or until toothpick inserted in center comes out clean.

Note: For larger muffins, use 12 paper-lined muffin tins.

Streusel: Combine 2 tablespoons flour, 2 tablespoons sugar, and ¼ teaspoon cinnamon. Cut in 1 tablespoon butter until mixture is crumbly.



"The French call it Poulet Dijon; I call it great chicken."





Chef Byron J. Bardy, C.M.C. One of only 31 Certified Master Chefs in the country. Creator of Heinz HomeStyle Gravies.

"Three hours east of Paris is the town of Dijon, France, where they make extraordinary chicken. It's a recipe that exemplifies the French genius for cooking—a lavish meal that is surprisingly simple to make.

"You see, what makes their chicken so special is the sauce. A sauce that takes time to make. A sauce that begins with rich chicken stock that is gradually thickened with cream and seasoned just right. A sauce that is made like my Heinz HomeStyle Chicken Gravy.

"You really should try this marvelous recipe. All it takes is Heinz HomeStyle Gravy, a few simple ingredients and in 30 minutes, you're three hours east of Paris."

A WORD ABOUT HEINZ HOMESTYLE GRAVY.

"When making Heinz HomeStyle Chicken Gravy, we use the finest ingredients. We don't cut corners and we also take our time."

"We're so proud of our chicken gravy, we even store it in a jar so you can see how good it's going to be."

For other recipes, send a self-addressed stamped envelope to: HomeStyle Gravy Recipes, H.J. Heinz Company, P.O. Box 28, D-124, Pittsburgh, PA 15230.

©1987 H.J. Heinz Co.

Breast of Chicken Dijon

2 whole chicken breasts, split, skinned, boned
Milk
All-purpose flour
3 tablespoons vegetable oil
1 cup thinly sliced mushrooms
1 tablespoon butter or margarine
2 tablespoons dry white wine (optional)
1 jar (12 ounces) Heinz HomeStyle Chicken Gravy
⅔ cup half and half
1½ tablespoons Dijon-style mustard
Salt and pepper

Lightly flatten chicken breasts. Dip chicken in milk, then generously with flour. Sauté chicken in oil in skillet over medium heat about 2 minutes per side. Remove; drain excess fat from same skillet, sauté mushrooms in butter about 1 minute. Add wine, gravy and remaining ingredients; simmer, uncovered, 1 minute. Return chicken to skillet; simmer, uncovered, 5 minutes. Makes 4 servings (about 2 cups sauce).



"More great Heinz recipes to call your own"

Chicken and Broccoli Mornay

1 jar (12 ounces) Heinz HomeStyle Chicken Gravy
½ cup grated Swiss cheese
¼ cup grated Parmesan cheese
3 tablespoons half and half or milk
Dash red pepper
4 skinless boneless chicken breast halves (about 1 pound)
2 tablespoons butter or margarine
Hot cooked broccoli spears

For sauce, combine first 5 ingredients in saucepan. Heat over low heat until hot and cheeses are melted, stirring frequently. Meanwhile, flatten chicken breasts slightly; sauté in butter until golden brown and cooked, about 8 minutes. Arrange chicken and broccoli on serving plate and spoon sauce over. Makes 4 servings (about 1⅔ cups sauce).

Bayou Chicken

1 Tbsp Cajun Seasoning (recipe below), divided
2 to 2½ pounds broiler-fryer pieces
All-purpose flour
2 Tbsp vegetable oil
1 medium onion, sliced
⅓ cup sliced celery
1 jar (12 ounces) Heinz HomeStyle Chicken Gravy
2 Tbsp tomato paste
1 small green pepper, cut into strips
Hot cooked rice

Rub 2 tsp seasoning into chicken; dredge in flour. Slowly brown chicken in oil; remove. Sauté onion and celery in same skillet. Stir in gravy, tomato paste and remaining tsp seasoning. Return chicken to skillet. Cover; simmer 25 to 30 minutes. Add green pepper. Simmer, uncovered, 10 minutes; baste occasionally. Serve with rice. Makes 4-5 servings (about 2 cups sauce).

Cajun Seasoning: Combine 1 Tbsp paprika, 1 tsp *each* garlic powder, onion powder, black pepper, red pepper, ¾ tsp *each* white pepper, dried thyme leaves, ½ tsp dried oregano leaves. Makes about 3 Tbsp.

Chicken and Artichoke

4 skinless boneless chicken breast halves (about 1 pound)
2 tablespoons butter or margarine
½ cup sliced fresh mushrooms
1 jar (12 ounces) Heinz HomeStyle Chicken Gravy
¼ cup half and half or milk
1 teaspoon lemon juice
¼ teaspoon dried thyme leaves
⅛ teaspoon allspice
Dash pepper
1 can (14 ounces) artichoke hearts, drained, rinsed, quartered

Flatten chicken breasts slightly. In skillet, sauté chicken in butter until lightly browned on both sides; remove. Sauté mushrooms 2 to 3 minutes. Stir in gravy and next 5 ingredients. Return chicken to skillet; add artichokes. Simmer, uncovered, 8 to 10 minutes or until chicken is tender, basting occasionally. Makes 4 servings (about 1¼ cups sauce).

ancy biscuits

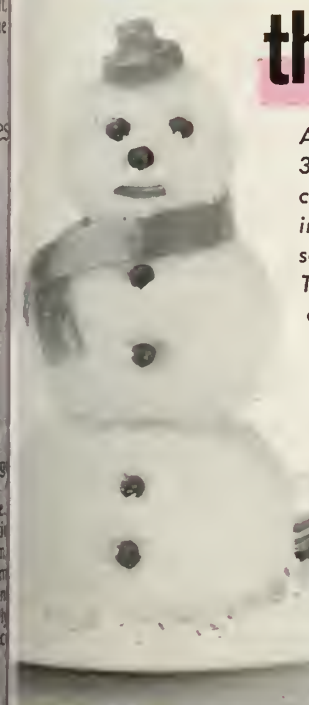


Mark Thomas

ur Sunset Biscuits will wow guests in st twenty minutes: Preheat oven to 0°F. Grease 2 cookie sheets. In skillet at 4 tsp. oil over high heat. Add ¼ cup ely chopped onion, ½ tsp. minced rlic, ¼ tsp. chili powder, ¼ tsp. cumin, pinch salt and a pinch pepper. Sauté til onions are translucent. Stir in 1 cup nned black beans, drained, mashing slightly; simmer 1 minute. Set aside. In bowl mbine 1¼ cups all-purpose flour, ½ cup cornmeal, 2 tsp. baking powder, ¾ tsp. lt and pinch ground red pepper. With pastry blender cut in ¼ cup shortening until xture resembles coarse crumbs. Add ⅔ cup milk, stirring with a fork until dough lds together. Spoon 12 tsp. batter on each cookie sheet; flatten slightly. Top biscuits th a level tsp. of bean mixture; top with ¼ tsp. remaining batter. Bake 10 minutes until golden. Garnish with sour cream, red caviar and cilantro. Makes 2 dozen.

get organized!

Don't let the week before Christmas drive you crazy. Make a list of everything that has to be done. Put dates next to the tasks that have deadlines, such as mailing cards and packages. Then delegate jobs to every family member. Write the names next to the duties and hang the list where everyone can see it.



the snowman cometh

A toothsome dessert the kids can easily put together: With 3-inch-round ice-cream scoop, scoop a ball of vanilla ice cream. Roll in 1½ cups shredded coconut. Repeat, scooping and rolling with 2¼-inch and 1¾-inch ice-cream scoops. Place largest ice-cream ball on a dessert plate. Top with medium, then small ball. Decorate with 3 mini chocolate chips for eyes and nose, red string licorice for mouth and gummy candy for a hat.

Another speedy snack for kids? Have them make a batch of nutty Rocky Road Snowballs: In shallow dish combine ½ cup chopped peanuts, ½ cup mini chocolate chips and ½ cup mini marshmallows. Scoop 4 balls vanilla ice cream; roll each in nut mixture. Place in paper baking cups; freeze. ▶



Pumpkin Cookie Bars Homemade with Love

1 cup flour
½ cup quick oats
½ cup firmly packed brown sugar
¼ cup chopped nuts
1¾ teaspoons cinnamon
½ cup melted butter
1 cup Libby's® Solid Pack Pumpkin
¾ cup undiluted Carnation® Evaporated Milk
1 slightly beaten egg
⅓ cup sugar
½ teaspoon allspice
¼ teaspoon salt

Combine flour, oats, brown sugar, nuts, and 1 teaspoon cinnamon. Add butter; mix until crumbly. Press into bottom of 13 x 9 x 2-inch baking dish. Bake in moderate oven (350° F.) 20 to 25 minutes. Remove from oven. Reduce oven temperature to 325° F. Combine remaining ingredients. Pour over crust. Bake in slow oven (325° F.) 25 to 30 minutes or until toothpick inserted in center comes out clean. Cool completely.

Cream Cheese Topping: Beat together until fluffy one 8-ounce package of softened cream cheese and ¼ cup orange marmalade. Spread over cooled bars. Garnish with crushed granola, chopped nuts or orange peel. Cut into 32 bars and serve.



LOOK WHAT YOUR CHILD BROUGHT HOME FROM SCHOOL TODAY

Kids bring home just about anything. Including head lice.

Truth is, any child can get head lice.
Even yours. From playing with children already infested.
Or from sharing their personal items like
hats, clothes and brushes.

Fortunately, lice infestation is easily treated with the
R&C LICE TREATMENT KIT.

R&C SHAMPOO® kills lice and their eggs on contact–quickly, safely and thoroughly, when used as directed. And the R&C NIT COMB helps complete the removal process. Around the home, R&C SPRAY® kills lice and their eggs on upholstery, carpeting, bedding and other household furnishings that can't be washed or dry cleaned (*not for use on humans or animals*).

R&C LICE TREATMENT KIT
Includes R&C Shampoo • R&C Nit Comb • R&C Spray

Because you never know what kids will bring home



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office to party

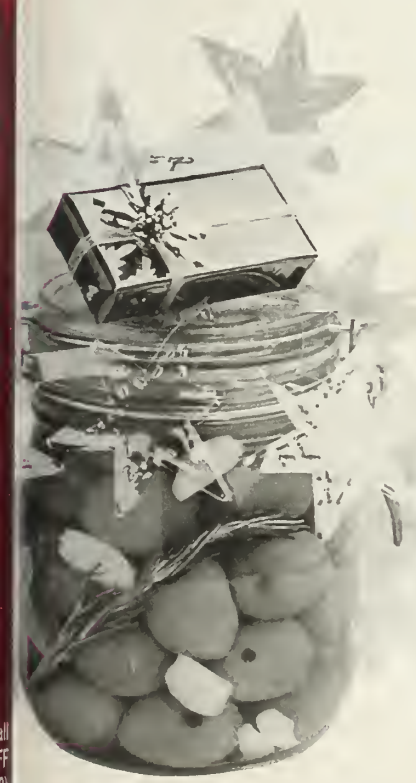
When there's no time to go home and change between work and a holiday fete, be sure what you wear to the office can be easily dressed up. Our strategy? Wear a silky, generously cut ivory blouse under a tailored jacket. Team with a slim skirt in a rich texture—leather, suede, or wool crepe. For evening, take off the jacket, add a soft, wide belt for body definition, big gold earrings for drama. Tousle hair with fingers for more volume.



Mark Thomas

nutty displays

emember that holiday decorating doesn't have to be elaborate or expensive to e pretty. Here's a delightful idea for a centerpiece that takes no time to make—se it on a buffet table or to jazz up a coffee table. Just fill a favorite bowl to the m with walnuts and shiny gold bows. Another ornamenting option? Pile a owl high with fresh cranberries, dried fruit and small pinecones.



a tasteful gift

A jar of Herbed Green Olives is an unusual present that can be made in advance for easy gift-giving: Place ¼ pound drained green olives in an 8-ounce jar. In a small saucepan combine ½ cup olive oil, a 3-inch sprig of fresh rosemary or 1 teaspoon dried, 1 crushed garlic clove and 10 peppercorns. Cook over low heat until fragrant, about 5 minutes. Pour over olives. Close jar and let stand at room temperature at least 3 days or up to 1 month. Use herbed oil to dress up salads or to sauté chicken, pork or beef.



Cranberry Pumpkin Bread Homemade with Love

- 2 slightly beaten eggs
- 2 cups sugar
- ½ cup oil
- 1 cup Libby's® Solid Pack Pumpkin
- 2¼ cups flour
- 1 tablespoon pumpkin pie spice
- 1 teaspoon baking soda
- ½ teaspoon salt
- 1 cup chopped cranberries

Combine eggs, sugar, oil, and pumpkin; mix well. Combine flour, pie spice, soda, and salt in large bowl; make well in center. Pour pumpkin mixture into well; stir just until dry ingredients are moistened. Stir in cranberries. Spoon batter into 2 greased and floured 8 x 3¾ x 2½-inch aluminum loaf pans. Bake in moderate oven (350° F.) 1 hour or until toothpick inserted in center comes out clean. Makes 2 loaves.



CORRECTOL TABLETS. THE GENTLE LAXATIVE MORE WOMEN PREFER.



Women lead such busy, active lives today, managing a career and caring for a family, there's no time for irregularity. Yet women are constipated three times more often than men.

That's why there's Correctol. The Correctol special formula combines a mild laxative with a softening agent. It works gently overnight. So the next day you feel like yourself again.

Correctol. The gentle laxative so many women prefer.

Also contains calcium.



Read and follow label directions.

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WINTER AILMENTS

continued from page 109

OVER-THE-COUNTER MEASURES

Aspirin, acetaminophen Relieve fever and aches. (Aspirin should be avoided during a viral infection in children under eighteen, because of the risk of Reye's syndrome.)

DOCTOR'S TREATMENT

Prescribe antibiotics May help prevent secondary infection in patients with chronic lung disease, but antibiotics are ineffective against the flu virus itself.

Headaches

HOME REMEDIES

Relaxation exercises, massage, hot bath, lying in darkened room with warm or cool compress over eyes Provide relief for common tension headaches for some people.

Identify and avoid triggering factors Relieves migraines or headaches linked to allergies if offending foods or substances can be determined.

Biofeedback, self-hypnosis, yoga Help to prevent migraines and tension headaches in some people.

OVER-THE-COUNTER MEASURES

Aspirin, acetaminophen, ibuprofen Relieve the pain of most simple headaches.

DOCTOR'S TREATMENT

Prescribe ergot-containing medications, beta blockers or other drugs Help to prevent migraines and other vascular headaches.

Order diagnostic studies These tests are expensive and are needed only in special cases: for instance, if a tumor or other organic cause is suspected.

Indigestion/heartburn

HOME REMEDIES

Change diet to avoid foods or drugs that cause the problem, eat more slowly, avoid smoking, alcohol and stress Often, these are the only actions necessary.

Avoid bending or lying down after eating; sleep with the head of the bed elevated If problem is hiatal hernia or esophageal reflux, these steps may relieve discomfort.

Peppermint tea Some people find relief in drinking this herbal tea.

OVER-THE-COUNTER MEASURES

Antacids Often provide relief. Overuse, though, can cause constipation or diarrhea and hinder the body's absorption of iron and other nutrients.

DOCTOR'S TREATMENT

Order diagnostic studies Can determine whether problem is due to hiatal hernia, ulcer or other organic cause. However, these tests are expensive a often unnecessary.

Prescribe stronger drugs If over-the-coun treatment has not helped, stronger medication may be necessary.

Surgery An operation to repair hiatal hernia or ulcer or to remove a gallbladder can correct the underlyi problem if pain is chronic or severe.

Sore throat

HOME REMEDIES

Saltwater gargle A simple remedy to ea pain and loosen phlegm. The effects usually temporary, however, and the may irritate the mucous membranes.

Drinking tea with honey May have a temporarily soothing effect.

OVER-THE-COUNTER MEASURES

Aspirin, throat lozenges Will relieve pain addition, aspirin will lower a fever. (Aspirin should not be given to childr under eighteen with viral infections, because of the risk of Reye's syndro

DOCTOR'S TREATMENT

Do a throat culture Checking for strep throat is wise, especially in children.

Prescribe antibiotics While antibiotics ar the appropriate treatment for strep o other bacterial throat infections, they not effective against viral infections.

The Fact That Butter Has No More Calories Than Margarine Is Only Half The Story...

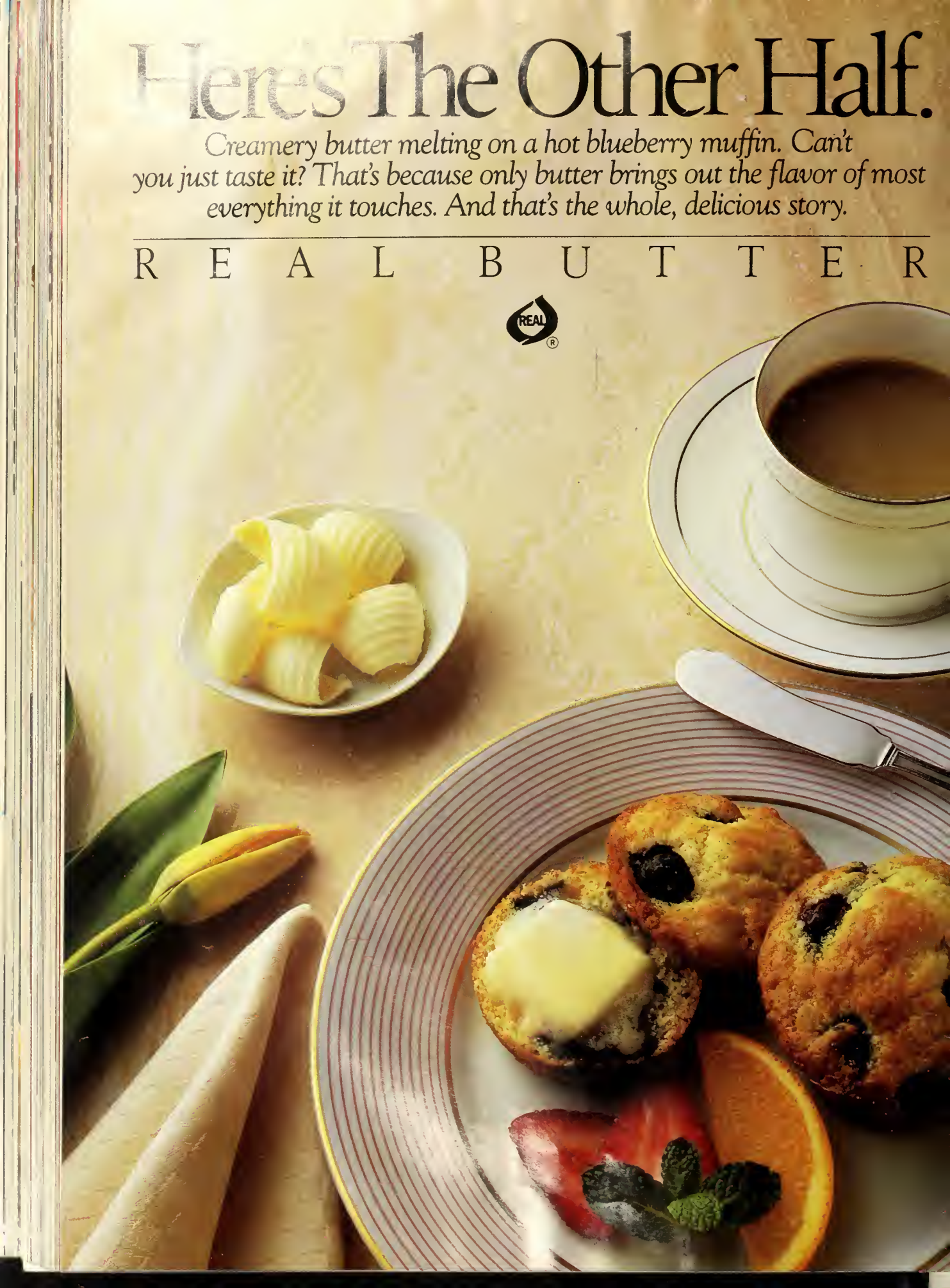


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Here's The Other Half.

Creamery butter melting on a hot blueberry muffin. Can't you just taste it? That's because only butter brings out the flavor of most everything it touches. And that's the whole, delicious story.

R E A L B U T T E R




day, you'll discover the
slimmest cigarette known to woman.
And tomorrow you'll wonder
how you ever smoked anything else.
New
Capri 100's.
vailable in regular or menthol lights.
SURGEON GENERAL'S WARNING: Smoking Causes Lung Cancer, Heart Disease, Emphysema, And May Complicate Pregnancy.
Not available in all areas.
9 mg. "tar", 0.8 mg. nicotine
av. per cigarette by FTC method.
© 1987 B&W T Co.

When It Comes To Menopause Your Body Is 100 Years Behind The Times.

Your feelings and fears that menopause signals the onset of old age aren't so farfetched. As recently as a hundred years ago, a woman had little chance of living more than a decade after menopause.

But today you can expect to live thirty years more—well into your seventies or eighties. They can and should be vital, alive, and healthy years free from the distressing symptoms that can come with menopause.

What happens at menopause and why.

Somewhere between 45 and 55 your body begins to produce less and less estrogen. The lack of this vital female hormone causes the sudden, unpredictable sensation of heat and sweating called "hot flashes". This is the most common symptom and can be a very embarrassing and "public" one which may also lead to insomnia and irritability. Another common symptom is vaginal dryness. These symptoms are not "in your mind." They are real, they are physiologically based and your doctor has ways to treat them.

You don't look middle-aged.

And you don't have to feel middle-aged.

Today, more women are staying vital and active well into their menopausal years. A healthy



life-style, good nutrition and exercise can g
long way towards helping you feel good dur
time of life. But if the symptoms of menopa
disrupting your life you should see your doc
because today there are new approaches to
treatment of menopausal symptoms. See yo
doctor and find out why now, the change o
doesn't have to change yours.



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The CIBA Menopause Information Center.

The physicians, pharmacists, and researchers
the CIBA Pharmaceutical Company have com-
ed the latest information about your health
ring menopause and the newest treatments for
symptoms. To receive an Information Pack free,
ll us at 1-800-521-CIBA, or send this coupon

TO RECEIVE YOUR FREE MENOPAUSE INFORMATION PACK MAIL TO CIBA, PMSI STATION, P.O. BOX 3875, MILFORD, CT 06460 OR CALL

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MENOPAUSE INFORMATION CENTER

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PASTA PRIMAVER

PREGO® FROZEN ITALIAN ENTREES

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Eleven entrees that taste
ike mama's homemade:

Spaghetti with Meatballs
ausage with Green Peppers
Pasta Primavera
Cheese Ravioli
Fettucine Alfredo
Chicken Cacciatore
aghetti with Ground Sirloin
Chicken Primavera
Chicken Piccata
Beef Marsala
Linguine with Clam Sauce

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You're looking at the only difference between shaving with a blade and the new Panasonic Lady's Wet/Dry Shaver.

In the quest for beautiful, smooth legs, women have been taking it on the shin. But now Panaso has changed all that with the new Lady's Wet/D Shaver. In an extensive study, women compare the shave they got from a blade with the one the got from this Panasonic shaver. It shaved so clo they couldn't see the difference, or feel it either.

You can actually use this lady's shaver with shaving cream in the shower or bath, when your skin is soft, moist and most naturally receptive t close shave. And, for extra convenience, when you're on the run, you can use it dry. And becau it's cordless, you can use it anywhere.

Now that there's the new Panasonic Lady's Wet/Dry Shaver, you don't have to go to great pains to be beautiful.

Panasonic®

just slightly ahead of our time®





Model shown ES-1

THE MILLION-DOLLAR BABY

continued from page 57

oved her, that would be the same as wo hundred years for Patty."

As long as the nurses are around, at east some of that love is present. "No- ody can be more destitute than Patty, xcept she's surrounded by people who ove her," says Thomas M. Young, the ospital's administrator. "She has iches beyond measure."

Patty still speaks lovingly about her nother and includes her in her nightly rayers—even though Denise can't ake care of her and left her in a seem- ngly heartless way. At the little girl's hird birthday party, Denise Carnes old her bedridden daughter she loved er very much . . . and then walked ut of Patty's life as her official guard- an. Today she returns for an occasion- l visit. (Patty's father has never come o see her.)

The affection Patty has received eems to have offset somewhat the loss f her mother. "I'm sure Patty doesn't ealize she's been abandoned," says Mackie Ragland, director of women's nd children's services at Bracken- idge. By the time Denise left in 1986, 'Patty was as bonded to us as she was o her mother," Ragland says.

The decision to abandon Patty was he most painful Denise says she has ever had to make. In the end, Patty's profound needs, the staggering cost of her treatment and Denise's own handi- caps convinced the twenty-nine-year- old mother that she could not properly care for the daughter she loved so much. Denise's hearing impairment requires her to wear two hearing aids just to hold a conversation. She was terrified that if she took Patty home, she wouldn't be able to hear the alarm on her daughter's respirator if it failed. If the machine stops or if the tube that carries oxygen from the ventilator to the hole in her windpipe becomes clogged, Patty begins to die after only one minute. And because of Denise's mobility problems, she was afraid she might not be able to respond quickly enough. "I just don't think I can take the responsibility for monitoring her machine," Denise says.

Even barring an emergency, Patty's normal daily care would be too much for any single parent, even one who was not handicapped.

Denise knows she would never be able to afford nursing care to help her with these functions. With no hus- band, no family, little money and only a sixth-grade reading ability (her edu- cation was limited by her handicap), she has few marketable skills. Her $4- an-hour job as a kitchen worker in a local restaurant isn't nearly enough to pay Patty's exorbitant medical bills. Denise has no private insurance, and Medicaid is responsible for cover ing only a small fraction of her daughter's expenses.

"I think it would be best for Patty to find a good home where somebody can afford to take care of her," says Denise. "I can't. It takes more than seven hun- dred dollars a week just for nurses for Patty, and the hospital costs so much money. If I was rich, I would pay for her. But I don't have the money. I'm not a million-dollar person."

Though she knows she cannot pro- vide for Patty's needs, Denise still aches when she thinks about the deci- sion she was forced to make. "I feel so lost and tired," she says softly. "I'm not a bad mother. I just can't afford to take care of her."

She can't forget her, either. Denise still has the footed pajamas her infant daughter was wearing when she was rushed to the Brackenridge emergency room. Although Denise has left behind the little girl who once wore those pa- jamas, she still clings to the memories and hangs on to the pajamas like noth- ing else in her shattered life.

"I never threw them away," Denise says, turning the pajamas over and over in her hands. "I keep them be- cause I can always remember. I've nev- er washed them. They smell of Patty.

"Every year on the night Patty went to the hospital, that memory comes back," Denise adds. "It hurts me so much. I wish I could turn time around and bring her back to the way she used to be."

Denise's memories of Patty before the illness are all happy ones. She speaks tenderly of her tiny five- pound, fifteen-ounce newborn daugh- ter, who for a short while brightened Denise's often troubled life. (Like her daughter, Denise had known her share of childhood disappointment. She was adopted as an infant, but she has not seen her adoptive father since she was eighteen months old. Her adoptive mother, an alcoholic who beat her, died when Denise was only thirteen.)

Denise recently decided to leave Austin and move with her boyfriend to Fort Worth, Texas, to get job training and start a new life. She returned for her daughter's fourth birthday, how- ever, bringing with her a talking Big Bird—a $67 toy for which she had scrimped and saved for months.

Currently, the state of Texas has temporary custody of Patty; Denise Carnes says she plans on signing the documents that will turn her only child over to the state for permanent care and custody. But Texas officials refuse to pick up the medical bill, say- ing that there simply is *(continued)*

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THE MILLION-DOLLAR BABY
continued

no funding for people with long-term acute needs like Patty's. County commissioners are exploring their financial obligations, but they have refused to pay the expenses to date. And Medicaid will pay only up to $50,000 a year—one tenth of what she requires.

So far, the local health department has paid a small fraction of Patty's bills under its medical assistance program, and the hospital has had to shoulder the rest. But Brackenridge simply doesn't have the facilities to take care of a long-term patient like Patty.

Hospital administrators have tried desperately to find another hospital or facility to take the young patient. Stephanie Crowell, Brackenridge's pediatric social worker, has come up with five options for placing Patty. All five have been rejected, either because they provide too little medical care or because they cost too much.

Social workers would also consider a foster or adoptive family. The foster parents would have to be trained to work with a ventilator and a heart and respirator monitor; hospital administrators say they will gladly provide the training, as well as most of the equipment she will need. The foster family would undoubtedly require the help o professional nurses (which could easil cost more than $50,000 anually).

Potential parents for Patty will nee more than training and governmen funding, however. They must also hav a deep understanding of the little girl' emotional makeup. And they shoul be willing to honor Denise Carnes' request to visit her daughter from tim to time. "I don't want Denise cut out o her daughter's life," Gretchen Knowle says. "How could it possibly help Patt to keep her from seeing her mother?"

Even if Patty's story has a happ ending, however, doctors are wel aware that they will continue to con front similar dilemmas throughout th country. As medical-technology ad vances enable even more lives to b saved, additional heart-wrenchin cases of patients who cannot be prope ly cared for are sure to occur.

But for now, Patty's life goes on a usual. Twice a week, she gets to take bath in the tub down the hall. Afte ward, she's tucked into bed, often wit her favorite Sesame Street doll. The it's time for bedtime prayers.

"Will you help me, Patty?" Debr Wilson asks.

"God bless Mommy and the docto and the nurses and the therapists ar the unit clerks and everybody wh takes care of me," the nurse says slov ly as she waits for Patty's help. Whe they are through, the young patie adds an enthusiastic "Amen."

"Patty," Debra asks, "is God good you?"

Patty nods her head up and down.

"He loves you a lot, doesn't He?"

Once more, the little girl nods h head. Yes, she says without speakin God loves Patty Carnes. E

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The Patty Fund
c/o The Brockenridge Foundation
Community Relations Department
601 Eost Fifteenth Street
Austin, TX 78701

JIMMY STEWART

continued from page 143

ave lived in the same comfortable ome in Beverly Hills. Technically, it's he second house from the corner, but he corner lot is empty, surrounded by high wall. Several years ago, Jimmy ought the lot when he spied a for-sale ign in front of it. He had the existing ome torn down and planted a vegeta-le garden in its place. "It's the most xpensive vegetable garden in Ameri-a," Jimmy says.

The Stewarts' well-groomed front awn is lush, with a brick walk leading rom the street to the front door. The oorbell is promptly answered by Jim-ay, Gloria or their housekeeper, fol-owed by two friendly golden retriev-rs, Mara and Baron. The Stewarts' racious home is filled with photo-raphs, mementos and paintings of an-mals. The rooms are salmon, peach nd yellow—warm and friendly colors.

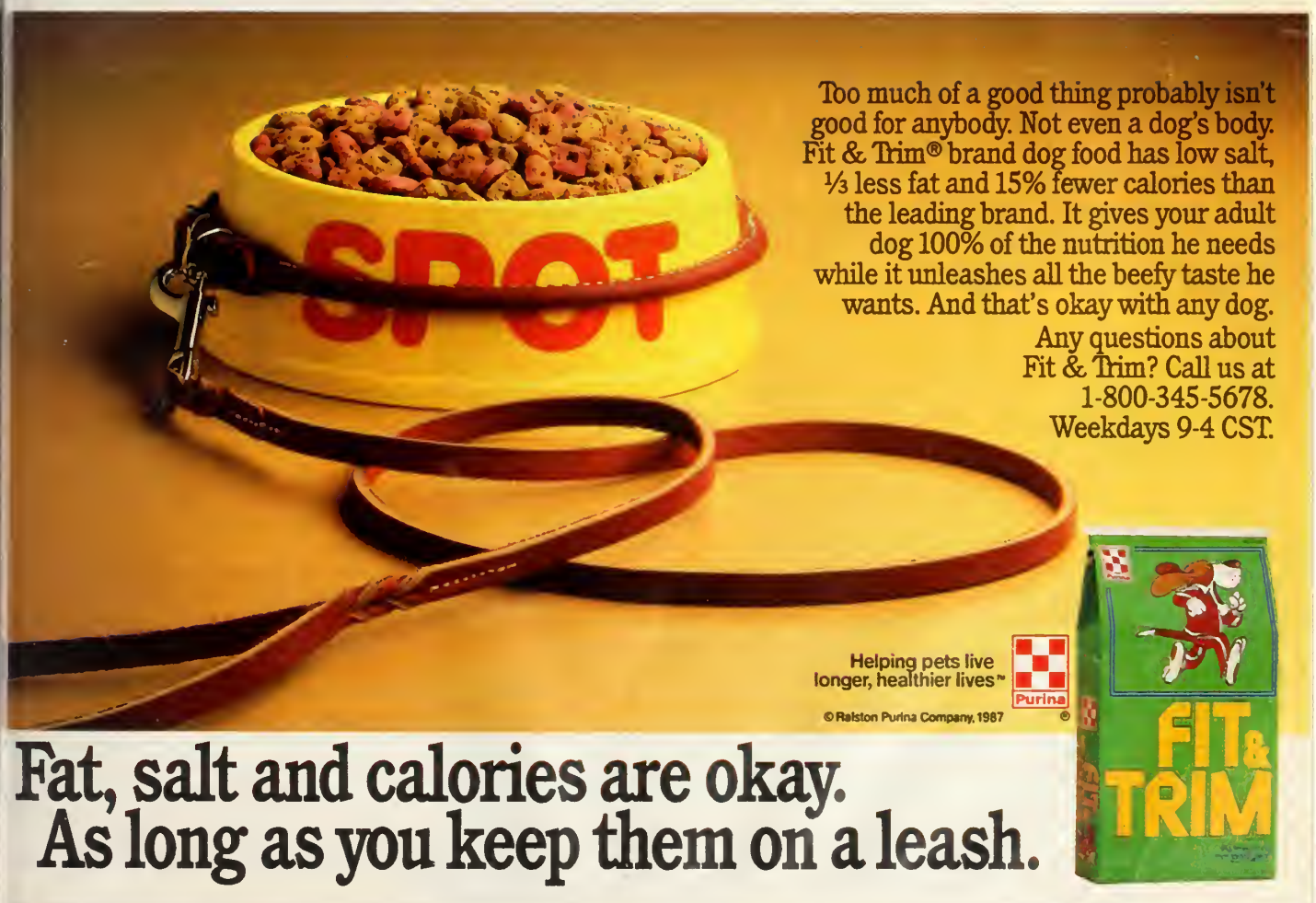
Guests are usually steered through he somewhat formal living room, past grand piano covered with framed hotographs of family and friends, and nto a cozy den. There a comfortable ouch and chairs surround a circular offee table, covered with more me-entos and photographs of African vildlife. Scrapbooks and photograph albums abound, along with books and stacks of newspaper clippings yet to be filed. It's a gallery of Stewart memories: Jimmy in *The Glenn Miller Story*, candids with Bob Hope, glimpses of Jimmy visiting soldiers in Vietnam.

Also in the den sit Jimmy's two Academy Awards—for his performance in *The Philadelphia Story* in 1940 and an honorary award he received in 1985. The night he won the first Oscar, his father called from his home in Indiana, Pennsylvania, where Jimmy was born and raised, to congratulate his son and ask what kind of "plaque" he'd been given. When his father asked to see it, Jimmy dutifully packed and mailed the statue. "My father put it in the window of his hardware store, where it remained for twenty years, until he died," Jimmy says. "That's when I got it back." Though it no longer has his Oscar, Jimmy's hometown has honored its hero by naming its airstrip the Indiana County Jimmy Stewart Airport. Also in the center of town is a bronze statue, erected in 1983, in his image. "The statue shows my legs longer than they really are," Jimmy says. "People always exaggerate the legs."

Which is understandable, because Jimmy looks even taller than his six-foot-three-inch frame. "I used to be six-four," he explains, "but I'm shrinking." Though he's just shy of eighty, his posture is remarkably erect, and his complexion is still ruddy. As lean and healthy as ever, he's weighed 167 pounds for the past forty years. "I've never liked to eat very much, and I've never been an athlete of any kind," he says. "But I do some exercise every day, like swimming or walking."

There are signs, however, that the years have taken their toll. Jimmy's hair is a thinning gray (he wears a hairpiece in public but not at home), and he must use a hearing aid. He had to give up flying his Super Cub airplane in 1982. "I found it hard to understand communications from the tower," he admits. "I knew all the controllers at Burbank, but they just couldn't repeat instructions every time I'd ask, 'Say again?' I miss it terribly."

Jimmy remains active, however, traveling to his office in Beverly Hills every day. He has just completed a special, *A Beverly Hills Christmas With James Stewart,* which will air on Fox TV December 14. He still reads about three scripts a week in search of a good part. After Henry Fonda's success in *On Golden Pond,* Stewart says, he was deluged with offers of "crotchety grandfather" roles. So far, he's refused them all. In the *(continued)*



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JIMMY STEWART
continued

meantime, he's written poetry abo his adventures. After he read some *The Tonight Show*, several greeti card companies expressed interest buying them.

Much of Jimmy's time is spent a swering the five hundred fan letters receives each month. He has a sec tary but insists on answering fa himself. "The most important car advice I ever received came in the th ties, when Ted Healey [who originat the Three Stooges] told me, 'Ne treat your audience as customers; ways treat them as partners,' " Jim says. "If you have the attitude that ' job is acting on the screen, and private life is my own,' you're treati the audience as customers. You sho never have gone into this business the first place," he says.

When it comes to his career, Jim Stewart has always been a man principles and priorities. A few ye ago, he agreed to do a documenta about his life for public TV. His ma ager, Herman Citron, was aghast. C ron had already been negotiating w publishers and network executives a similar book and TV movie th would have guaranteed $4 milli plus literary rights. At lunch shor afterward at the Hillcrest Coun Club in Los Angeles, Citron asked h about the PBS agreement.

"I . . . I . . . I didn't realize they w talking about *my* story when th spoke to me," Jimmy drawled.

"That's enough for me," Citron sa "I'll stop them."

"No you won't," Jimmy corrected mediately. "As long as they thin agreed to that—and I have to adm wasn't listening too closely—w you'd better forget the commercial of it. I said I'd do it, and I will." True his word, Jimmy supported the spec and *James Stewart: A Wonderful* appeared on PBS this past March.

For Stewart, it truly *has* been a w derful life, spanning five decades stage and screen. But things didn't ways look so glorious. When he star on Broadway in the thirties, he peared in numerous flops. Then, 1935, he went to Hollywood to ma *The Murder Man*. His co-star Spen Tracy advised, "Just say your lin and don't bump into the furniture."

But Stewart quickly proved he co act with a sense of grace and ea Throughout his career that trait made him believable in any role—e as a man who thinks he sees a gi rabbit named Harvey. Mention tha Jimmy, however, and he blushes, pl ing down the compliment. "Movie a

ıg's the most unnatural thing you can ossibly do," he reflects. "The trick is ɔ make it unmechanical and not let ıe acting show." Billy Wilder, who irected him in *The Spirit of St. Louis*, ays, "He's beyond acting. He's there. 's as simple as that. You never doubt hat he is. William Holden, Gary Coo- er and Henry Fonda were the same."

Jimmy always considered Henry onda his closest friend, ever since the wo were in the Joshua Logan Univer- ity Players while Stewart was attend- ıg Princeton University. Later, they hared a small apartment in New York ity. Stewart recalls one night when onda dared him to play the accordion ı Times Square. "We'd come from a arty, and he challenged me to get an udience," Jimmy recalls. "Well, in ve minutes, there were three or four ellows, and in ten, there were about fteen or so. After that, I was taking equests. Fonda started passing the at. We never did agree on the amount received. I said thirty-five cents; onda said twelve. But he never liked he accordion much anyway."

Friends for more than fifty years, tewart and Fonda rarely fought or ere jealous of each other's success . . . hough one thing about the late actor nnoyed Jimmy. "I used to get so mad t him," he recalls, "because I've al- ways suffered from stage fright, and he ıever once did. When I did *Harvey* in ondon and New York, I had trouble ating and sleeping, but Hank could at an enormous steak right before a how and then give a magnificent per- ormance—followed by another steak!"

As bachelors, Stewart and Fonda hared a Spanish-style home in Brent- wood, next door to Greta Garbo. Jim- ny was desperate to meet Garbo, whom he considered the world's most glamorous woman. But her sets were lways closed, and her dressing room was guarded like Fort Knox. A huge imousine would whisk her off early in he morning and return her late at ight. Often, while drinking, Fonda and Stewart made plans to tunnel hrough to find the actress.

Jimmy eventually begged a friend who worked on Garbo's crew to ar- range a glimpse. Several days later, while filming on an adjoining set, he got a call: Garbo was leaving. "Well, I ran like the devil," he recalls. "I must have crashed into ten people. But as I tore through the door to her set, she opened it from the inside. I not only bumped right into her, I knocked her down. Of course, I helped her up, but I couldn't think of one thing to say. That was my first meeting with Garbo, and I will never forget it."

Years later he bowled over another woman—this time with his charm. In 1949, long after he had earned himself the title of Hollywood's most eligible bachelor, he married Gloria McLean, a divorced ex-model and big-game hunter. "People kept asking me why I was getting married, as if they resented it," Jimmy says. "But when you're forty-one, life means more than just a book of phone numbers. I needed the security of a permanent relationship. I needed a family, to put down roots."

A family he got. Along with Gloria's two sons, he and Gloria had twin daughters, born in 1951. One of Jimmy's stepsons, Ronald McLean, was killed in Vietnam in 1969, at age twenty-five. Jimmy calls Ronald's death the saddest experience in his life. "There isn't a day goes by I don't think of him," he says. He refuses to consider it a tragedy, however. "It's a loss. A terrible loss," he explains. "He was a fine Marine. And on the field of battle, he conducted himself in a gallant manner. I don't think that's tragic."

With all that has happened in his life, Jimmy has frequently been asked to write his autobiography, but he has always refused, insisting he isn't all that interesting. Awww, shucks—there he goes being humble again.

"There's a temptation for someone who's been around as long as I have to say, 'Give me the good old days.' I don't go for that," he explains. "But I do think what we filmed back then stands up. There was a certain magic to the old movies that nobody can quite explain . . . and I don't think they should even try."

End

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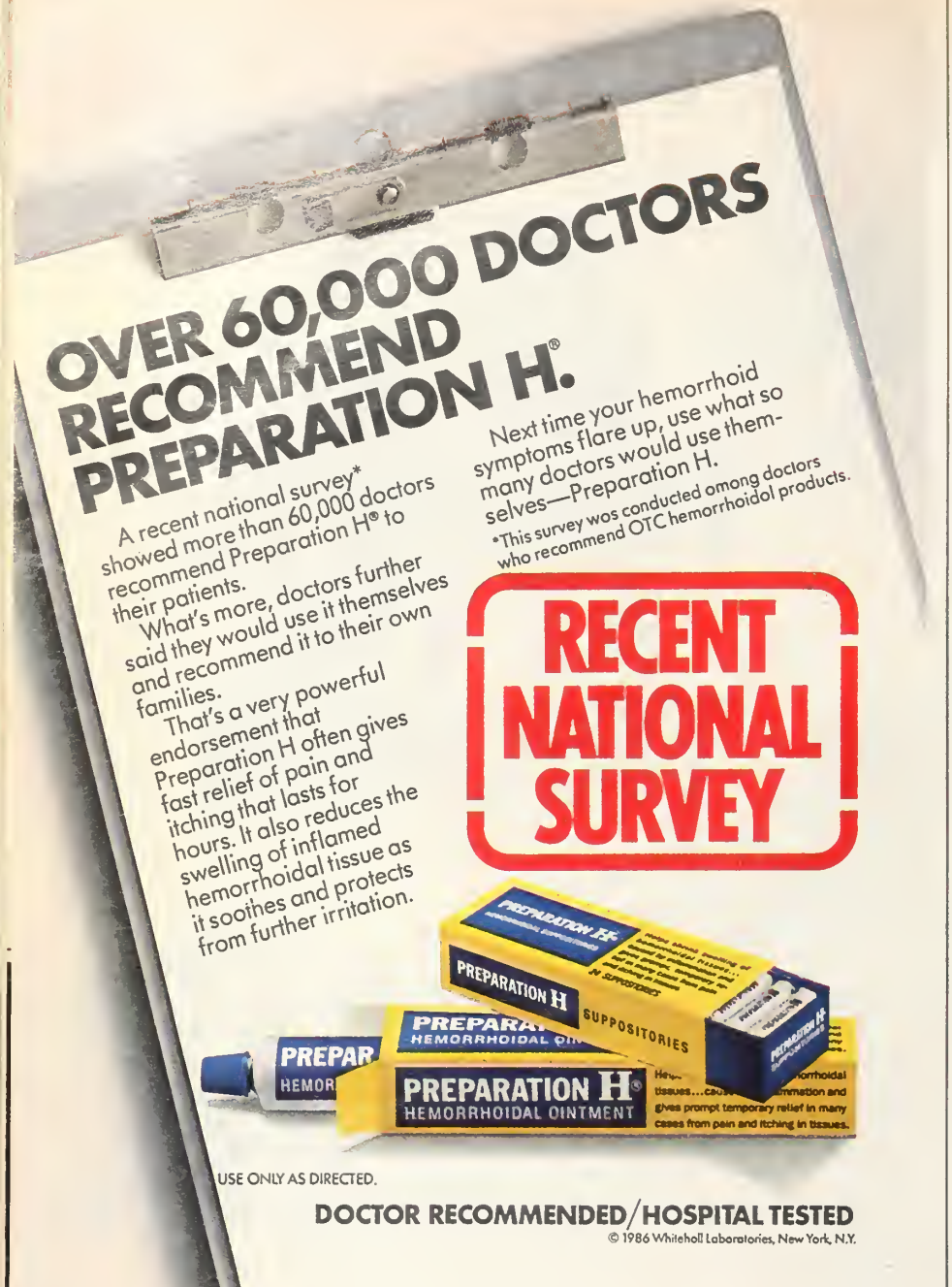
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ERMA BOMBECK

continued from page 161

Calling one's mother is a phenomenon few people can understand . . . unless they're daughters. A need for your mother develops the day you come back from your honeymoon. I can honestly say I never knew Mother at all until Ma Bell came into our lives.

During one of our conversations, she even admitted that when I was six months old I fell off the table while she was bathing me. She never told anyone because in case I wasn't "right" she didn't want to be blamed.

"Grandma's a neat lady," observed my daughter. "I think I'll always remember her best at Easter. Remember how she used to bake a lamb cake smothered in coconut with jelly-bean eyes . . . and those cream-filled eggs three times our weight?"

"You bounced off the walls for three weeks. Then she started to hide hard-boiled eggs," I said with a smile.

"And after a while she got a little fuzzy about where she hid them. About July or August, when Granddad would cut the grass and grind up a three-month-old egg, it smelled like the bottom of a septic tank. It was Grandma's finest hour."

"I disagree. Grandma's finest hour is the parade of the boxes at Christm

"Does she still save all those b every year?"

"You, who got a ring in a rectal t mometer box last year, have to that!" I said.

"Where does she store all of the

"You've seen her at Christmas. S like a minesweeper. No sooner is wrapping off the present than s winding the ribbon around her fin and smoothing the creases out of paper. Then she stacks the boxes Russian dolls, takes them home to closet, arranges them by size and v for all of us non–box savers to gro

"You should see her closet," I co ued. "If Tutankhamen's mother h tomb, this would be it. One year I t to borrow a box, and she reminded that I'd jammed an afghan in one year before and had broken the sid said, 'Mother, I'm begging.' As handed me one off the shelf she plied, 'Tell me what time it's goin be opened, and I'll be there.' "

"We talking Grandma?" asked son, joining us.

"Umm, we have to figure out w we're doing for Christmas."

"What's to figure out?" my daug inquired. "We all come home Ch mas Eve, decorate the tree, open presents, eat ourselves into a co then it's all over."

"Wait a minute," said her brot "Tell me Mom isn't planning ano Waltons Christmas." I tried to la along with them.

"Admit it, Mom," said my daugh "That had to have been not only worst idea you ever had . . . but worst Christmas in history."

I remembered the exact moment idea began to form.

It was Christmas night in 1979. I under the tree and had just open box containing six shrimp fork was a gift to me from Harry. H was our puppy. My husband sat matose in a chair watching *Bou for Beers*. Tinsel hung from his e and lights circled his head. We decided to leave him decor through New Year's.

An electric bird that we had plug in to provide our home with li hearted sounds chirped every t seconds. I grabbed it by the throat began choking it to death. Outside kids were riding cardboard boxes d a snow-covered hill. Their new s were under the tree.

I asked myself, "Is this what Ch mas is all about?"

Is Santa Claus just a seasonal p man who arrives by helicopter, s cat food, passes out samples of Mo rey jack in the supermarket

ıstles insurance to those fifty-five ıd over without a physical?

Has communicating with friends me down to the Christmas Newslet- r Annual Barf-Off? Did I have to ıow that Elrod was sleeping dry at ree weeks or that Estelle's ninety- ar-old father just stiffened in her ms and died during dinner last year? And what about the fruitcake disci- es who come out of the woodwork to ake you put your hands on their nety-pound bricks of fruit, look sky- ard and shout "Hallelujah!"

Did anyone care that we ran our- lves ragged to compete with the oodworking teacher who lived next or who had hoisted a large sleigh on s roof, had fifty thousand lights sur- unding his house and was shown on ıe eleven o'clock news with traffic ıaking back to the eeway?

How far would we go satisfy the Goddess of reed? Parents are such saps. Every ear we inquire, "What do you want r Christmas, sweetheart?"

An infant who has no control over is bladder, who is unable to feed him- lf and who cannot focus both eyes in ıe same direction says clearly, "I ant the Rattell Pirate Ship, catalog o. 90456, made of nontoxic supercon- ructed balsa and equipped with a wo-masted square-rigger, a crew of urteen, a dinghy, a treasure chest, annons, adjustable sails, a working nchor, a derrick for hoisting and a row's nest. Cost, one hundred eighty- ve dollars. Don't accept a substitute. ook for the store in your area on hannel 4."

I was sick of rummaging through inky little boutiques for teenagers here I was the only person wearing hoes. Sick of being overdosed by in- ense and waited on by a guy with a nake tattoo and a ring in his nose.

I grabbed a handful of tinsel and ifting it with clenched fist shouted, "I romise by all that is holy, I will never ave another meaningless Christmas."

By the time Christmas rolled around he next year, I was ready.

"Going to the cabin will be wonder- ul," I said to my husband. "We can ake from scratch, light by candles nd heat with the fireplace, and what ve don't have we'll live without."

"You have just described the Depres- ion," he said drily.

"I have just described the Waltons at Christmas. And look what a long run hat family had. What made them so pecial was that they bought nothing. Every gift to one another was some- hing they'd made with love and home- nade paste. I bet there's creativity in this family that hasn't been discovered yet. Every gift exchanged this Christ- mas will be made from loving hands. The first thing I'll do when I get to the cabin is go through the forest, gather walnuts and bake fruitcake."

"You hate fruitcake."

"So? If no one eats them, we can always use them next summer to ex- tend the patio."

There was no deterring me from staging a back-to-basics Christmas. In theory, it should have worked. I sent the boys out to chop down a tree in the forest, and set about creating those wonderful smells in the kitchen.

My mother dumped a glass of jelly into a saucepan. When I asked her why, she said she needed the glass to glue yarn around for a pencil holder. She reminded me that the jelly cost $1.19, the yarn $1.50 and the glue $2—the cost of a gold-plated pen and pencil set from Bloomingdale's.

One child headed toward the bath- room with a bag of twine and a book called *How to Macramé.*

The boys returned in no time—in a sheriff's cruiser. They didn't have a permit to cut down a tree. The good news was that they were armed with a serrated kitchen knife, so the ranger hadn't taken them seriously.

The smells were beginning to per- meate the kitchen. Smells of wet paint and paste from unfinished gifts.

I sent the boys into town to buy a tree and started *(continued)*



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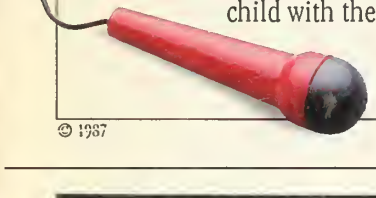
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■ ERMA BOMBECK
continued

decorating the cabin the old-fash way . . . the mantel with pinecone the tree outside the window with little birds I had bought in the store. I poured wax into milk ca and popped corn to string for the

My sons returned with a tree looked quite ill. It had no good We tried to simulate snow with and water and threw gobs of it o branches. It looked like a relief st for gulls. The boys ate all the pop

I lit the homemade candles, v melted before I got them to the t My husband couldn't get the fire ed. He was passing the hat, beg for drivers' licenses and blank ch

The dog ate a pinecone and throwing up.

It started to rain, and the little on the tree outside began unrave It looked like their intestines spilling out; it was not a festive s

Somehow I didn't remember Walton kids sitting in the car midnight, the motor running an radio blaring rock music.

This had to be the worst Chris Eve of our lives.

All I had wanted was to hea chimes . . . like that little boy i

assic story who followed in the foot-eps of kings and rich men who put fts on the altar to hear the chimes. ıey were silent until the boy took off s coat and put it on the altar, be-use it was all he had to give. It had en so long since I had heard them.

Early Christmas morning, I tiptoed to the living room. The fireplace was ırk and cold. The tree was slipping vay from us fast. The gifts were a gtag collection of clumsily wrapped ıckages ... some in newspapers, me in plastic bags.

The family drifted out and took their aces on the sofa and the floor.

The first thing to be opened was ɔm my husband to one of my sons, ıo was thinking of becoming a teach-. It was the only copy of my hus-ınd's doctoral dissertation. It had ken him a year to write it.

My mother had painted a picture of e cabin on a piece of wood. She had st begun painting that year.

There were wall plaques decorated ith macaroni, a home-crafted bird eder, crocheted bedroom slippers and recording of our family around the ble at Thanksgiving that someone ıd made. There were shelled nuts, llows and dolls with yarn hair. And ıo will ever forget that dramatic mo-ent when my son emerged from the bathroom with a macramé plant holder and hands that went with it because he didn't know how to end it?

Then each of the kids produced an ornament they had made for the tree. A Christmas bulb from cookie dough ... a Styrofoam apple with a rubber worm coming out of it ... a small pie pan decorated with ribbon and a picture of the Blessed Mother and the Christ Child.

As the children hung them on the tree, the branches somehow became fuller, and from nowhere, a hundred lights seemed to sparkle. The fire in the fireplace took hold and suddenly burned brighter; the candles got a second light and glowed. For a second, and only a second, we not only found something we thought we had lost ... but I heard chimes.

The clock in the living room brought me back to reality. It was noon.

"Can you believe Mom still has those crummy little ornaments we made?" asked my daughter.

"And guess who gets his ornament on first?" asked my son. "The one who created the pie tin with the Blessed Virgin pasted inside, that's who. Every year, the best is first."

"Listen to him," said his brother. "You weren't first a couple of years ago when you didn't come home for Christmas." "That's right," said his brother. "I was in the Peace Corps that year. How long ago was it?"

It was two years ago ... and *that* was the worst Christmas we ever had. We were all together, and yet we weren't all together.

My feelings then were ambivalent, and they had confused me. Hadn't we done everything right? Gotten his teeth straightened, his hernia repaired, his body packed with vitamins? Hadn't we taught him how to parallel park, wipe his feet, put down lids, flush, feed himself, make his own bed?

We'd given him room to breathe, smiled in all the right places, swallowed advice that lodged in our throats and resisted spreading guilt.

When he left us at the airport, he could have been saying good-bye to a wrong number. "Don't worry, Mom. Worry makes you retain water."

We'd done all the right things. We'd encouraged them to take responsibility for their successes and failures, develop their independence and live their own lives. Why at Christmas when they were gone did we feel so rotten?

Why did I fall apart when I hung that crummy little pie tin with a picture of the Blessed Virgin pasted inside dangling from a soiled ribbon? **End**

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BOB HOPE

continued from page 40

winter. I had a cold that was meant for Khadafy. It was fatigue, so the doctor ordered bed rest. But exercise builds energy. So I got out of bed, went to the golf course and did a few practice swings. Then I went to bed again."

As he relaxes in the sprawling desert house, with its terra-cotta tile floor, earth tones and subdued lighting, Bob looks cool, laid-back. From the darkened living room, we can see the lights of Palm Springs twinkling below us, but he barely seems to notice the breathtaking view. Casually attired in cotton plaid pants and one of his many golf sweaters, he says, "Nobody knows what to buy me, so it's always golf sweaters. If I get one more, I'll shoot whoever gives it to me." As it is, the enormous doorless closet that houses all his golf clothes already looks as though it could rival that of Imelda Marcos. Why, a hundred pairs of pants must be hanging in a row. "Naaaah," he insists. "Only seventy."

Bob enjoys conducting the tour of his castle. We stop at the large beige bedroom and sitting room decorated with puffy quilts and pillows. It's known as Dolores's place, for his wife of fifty-three years. Next door is what he calls "my pad"—his bedroom, dressing room and office. Teddy bears, stuffed animals and toys abound. Cut flowers and houseplants are everywhere, between autographed photos of presidents, first ladies, kings, queens and cardinals.

He's particularly proud of a photo of a laughing Nancy Reagan, inscribed "Dear Bob. I wish I could remember what you said." Hope's on good terms with the First Family. "In person, I call the President Ronnie," Bob says. "He loves it when I call him P.R.—President Ron."

Bob is also on a first-name basis with England's Queen Elizabeth, though he's only met her once. "Oh, hey, I really love Elizabeth—she's a helluva gal," he says of Her Majesty, as if she were a drinking buddy. He fondly recalls having lunch with her at Windsor Castle. "It was just us around the dining-room table—the two girls, Dolores and the Queen; two of the kids, Edward and Andrew; Philip and I. We had a helluva time."

Bob's own dining room is rather regal as well, as I find when we retire there for supper. Though only two of us are dining, three staff members bearing silver trays serve us chicken and wine.

I ask Bob whether he's always been able to find time in his hectic schedule to be a good husband. "Dolores could do forty minutes on that," he says a grin. "I think I'm pretty good. with all the excitement I've know all the beautiful women, I'm stil appreciating what I have."

Hope sips his wine and refuse onds on the chicken. "Oh, we've arguments," he says. "I mean, have we had arguments. Argu are normal for strong personaliti

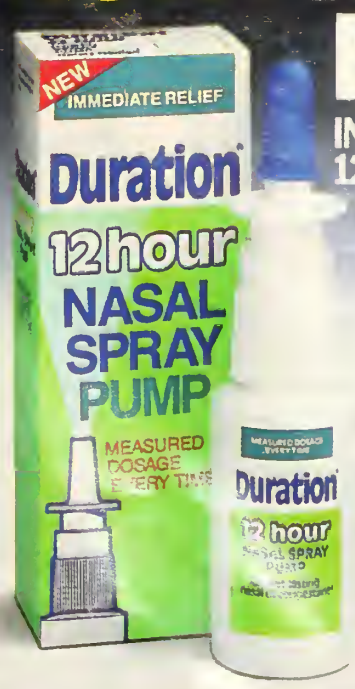
Dessert is served—apple pie a nilla ice cream. As we are finis Dolores arrives and joins us. Bob wanders into the kitchen, I a wife how often they find time t together. "Dear, how often do we dinner together?" Dolores calls t husband. He yells back: "Every y

Dolores talks openly about the culties of being married to a cel who is constantly on the road. " were times I wanted to pack it in that's perfectly normal. And Bo the same way, because he's per normal. But responsibility and mitment get you through. Thank because it's like getting throu course in school that you know better off for having finished."

When Bob returns to the d room, we continue discussing fam marriage. What about all the bea co-stars he was famous for wo with and those many nights awa

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rls his pinky ring and says softly, u just wind up at home. First of all, ictures you don't have a hell of a of time. You have to get some sleep. o, life's never been dull for Do- s and me. We've had Broadway and lywood and great parties with Jack ny, Groucho, Burns and Allen. Ex- ment is a powerful influence."

lso enriching their marriage—and ir lives—have been their four pted children. "I don't know if I uld say this, but Dolores couldn't e kids," Bob explains. "So we pted. There's something to being a ily. It's a powerful bond."

ob still sees all his kids three or times a year—which, it turns out, t all that much less than he saw n when they were growing up. ien my son Tony was about eight," recalls, "I was leaving on another . 'Good-bye, Tony," I said, and he l, 'Good-bye, Bob Hope.' Wow. Did I a double-take. That's when I began ging them on the road with me."

fter all those years on the road, shows surprisingly few signs of ng. He stands erect, walks briskly. voice is crisp. His skin is unlined. ed if he's had his face done, he rs, "God, no. I've never had any- ng fixed. No silicone, no nothin'. Oh, ey, that kind of thing isn't for me."

Hemorrhages in his left eye a couple of years ago are all that has troubled him. They developed during a period when, he admits, he had been overworking. "I got up from my chair and it was . . . 'Hey, wow, wait a minute.' I sat right back down," he explains. "Then I saw two of everything. And that was the start of the four hemorrhages. From then on, I've never gotten too racked up about anything."

Hope vividly remembers every day of his life in Technicolor detail. He recalls his first love, Mildred Rosequist, from 1923. As a dance team in Cleveland, the two split five bucks a show. "I told her mother, 'I'd like to take Mildred on the road.' And her mother said, 'I'd like to see the act first.' I showed it to her, and she said, 'Mildred's not going on the road in *that* act.' Well, some years ago, Mildred, who married a policeman, visited me at NBC. She came backstage and said, 'If my mother were around today, I'd slap her in the mouth.' "

Bob smiles, takes a sip of water and talks about the most interesting person he's ever known—Bing Crosby.

"Bing was a man of great compassion," he recalls. "At the funeral of his first wife, Dixie, he threw himself into my arms and sobbed. We were two guys hugging each other, and for that minute he couldn't go on.

"We met in '32, when we were playing the Capitol Theater in New York," Hope says. "Four shows a day got boring, so we started ad-libbing. We did two politicians on the street, each going into the other's pockets. We did the farmer bit, where we'd milk our thumbs. We'd do the president of Pepsi meeting the president of Coke, and we'd burp into the mike."

Hope laughs and looks toward the lights of Palm Springs sparkling on the horizon. "Bing was great fun," he says. "We'd do anything for a laugh. On our *Road* pictures, we'd double-cross each other. If I had a joke coming up, he'd throw it in ahead of me. Those were the best days of my life."

Bob Hope still lives the good life. When doing a show, he has seventy people working for him. In the off-periods, he has a personal staff of twenty. He has a private jet and his own crew and a castleful of awards and memories.

"My life couldn't have been luckier," he says. "It would be selfish for me to think of wanting anything else. I guess the only thing I'd still like to do is a *Road* picture with George Burns, and Disney's working on that.

"But I wouldn't change one thing in my life," Hope adds. "I wouldn't have done one thing differently." **End**

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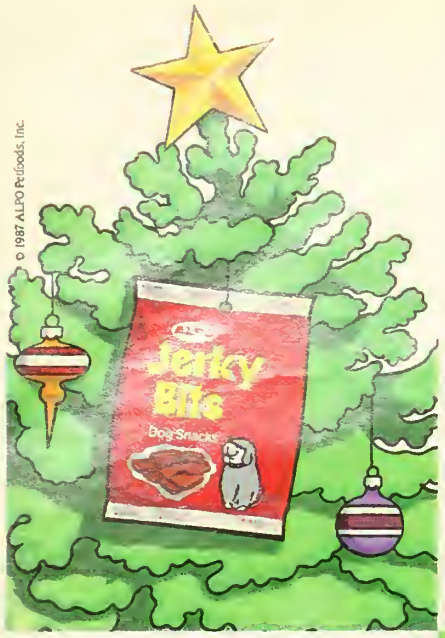
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SMILING AT SANTA

continued from page 134

shirt, a hat with white trim, and a shiny black belt and boots. He carried a black bag stuffed with candy canes, and he grandly passed them out to the eager children.

The following year Stevie wanted to be Santa again. He had shot up some five inches, but Grandma made adjustments on the suit, and he was again the gracious donor of candy canes. He took his job seriously and discovered an acceptance from the other children, who were not always so friendly.

"I can't let those pants down any more!" Grandma announced the year after that. Stevie had accepted this silently, passively.

Now that he was nearly fifteen, Stevie was home from the state hospital for good, and he was attending special-education classes in public school. He found the old Santa suit again and gazed at it longingly. When he thought he was alone we overheard him talking to himself in two different voices, a falsetto and a deep voice. Bit by bit, we learned that Stevie had brought home an imaginary friend, but he was very secretive about him.

The week before Christmas vacation we were walking downtown when we passed a gorgeously robed Santa in a red velvet suit.

Stevie stopped short. "Omom," he said. He was riveted to the spot.

"That's a beautiful suit," I agreed. "It would cost a lot of money."

"I've got money from my birthday."

"You have fifteen dollars," I said. "This would cost about a hundred."

He frowned.

"You don't have enough," I said.

At home he looked through the Sears catalog, finding pictures of Santa. I read aloud the prices of the suits, but I knew that they meant nothing to him.

"It's too late to order one," Grandma said, sounding cross, as she did whenever she had to say no to him. He sat with his shoulders slumped, his hands clutched together.

"Maybe we could rent a suit," I said.

Stevie looked interested.

I called a costume store. Eleven dollars for twenty-four hours.

"Eleven dollars to walk around in a Santa suit for a day!" Grandma muttered. "We have better things to do with that money. When you grow up, Stevie, you can get a job as Santa Claus in a store. Why, they'll even pay you money!"



He gazed at her with his wide gray eyes and said nothing.

When I took Stevie to school the next day I told the teacher about his ambitions. "Check with the schools that have special-education classes in the nursery grades," she suggested. "They might want a Santa for their Christmas parties. Those children wouldn't notice his speech impediment or his hand tremors."

I called teachers at various schools and explained that Stevie had a speech defect from a cleft palate and was a bit clumsy and slightly spastic, but that he had the Santa suit and would be happy to be Santa free of charge for their Christmas party.

That wasn't quite correct. Stevie listened intently as I described how we had decided we would rent the suit for him, dress him up and drive him to the class where the ch would love a visit from Sant could hand out presents. Stevie ded. "Will they pay me?" he as

"No!" Grandma and I sa shocked surprise.

He thought for a moment store Santas get paid?"

"Yes, but they have exper When you grow up and have e ence they'll pay you."

He lacked the enthusiasn might have hoped for, but he expressed emotion. We dresse in the rented suit, stuffed in a and brushed the mustache and away from his nose and mouth. we were on our way he stared regally, clutching his hands tog except to wave at a car full o dren who screamed "Santa!"

We passed a Salvation Army on the corner, and Stevie "Does he get paid? Omom, does

"I don't know," I snapped. " get paid when you have experie

At the school I left him a classroom door and slipped in the teacher that he was waitin side. I sat with the other mothe the coat rack, which was filled leg braces and crutches as w coats. The small Christmas tree off a faint scent of pine as it slu under popcorn and cranberry lands, class-made paper decora and candy canes. Packages s from under it.

Preparing the children for was like readying a basket of pu for a photographer. One child highchair began to slide out of and an aide propped him up. An child wet her pants in excite and the mop was hastily wielde teacher put her head out the doo turned back to the class with a


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·atorial finger to her lips, her head ked, listening. Bells jingled faintly. :re's Santa!" the teacher cried, and little girl flung her head back, ıs flailing in a paroxysm of joy.
he door opened. Stevie paused dra-:ically and declaimed in a treble, ', ho, ho!" The teacher led him to chair, and he smiled, his eyes inting under the shaggy, glued-on te eyebrows. As the children ked, crawled or were carried to ı, he gravely handed out the pres-s, asking each child, "Have you n a good boy? Have you been a good ? Gooood."
/hen each child had a gift, Stevie lestly accepted the teacher's nks. He gazed longingly at the re-hments and accepted a piece of e wrapped in a napkin after I whis-ed in his ear about the difficulty of ng cake and ice cream with a beard mustache.
slipped out of the room first, hold-the door so Santa could make his :well. He waved to the children and ed, "Ho, ho, ho! Merry Christmas!" *R*s sounded like *W*s.
That was terrific," I gushed as we ve home. He was silent, but his d turned as we passed the corner h the bell-ringing Santa.
stopped for some milk at the small :ery near home. I left Stevie in the and hurried into the store. I broke) a trot on my return when I saw a ng man talking to Stevie, who was ·ting to climb out of the car.
Hi, there," the young man greeted affably. "I was just asking your . . . uh, we're having a family par-. ." He waved a hand toward his se up the street where half a dozen ıll children tumbled on the lawn.
[thought . . . maybe your son . . . it ıld be nice to have Santa come to house. The kids would love it."
tevie was poised like a pointer that spotted a bird.
I'll be glad to pay him." Stevie took as if he had heard a starting gun.
Wait," I said. Stevie paused. "He a slight speech defect," I offered.
No sweat."
Could you help him hand out the sents? He doesn't read very well."
Sure. A dollar okay?"
Oh, you don't need . . ."
tevie's face had brightened. "Fine," ıid hastily.
Okay, I'll wave when it's clear."
Ie loped off, shooing the children) the house. A moment later the ıng man appeared from behind the ıse, carrying brightly wrapped box-and stacked them at the door.
Stevie took off, swinging from side to e with his lopsided gait. On the ch he was trying to pick up the packages and ring the bell at the same time, when the door opened. The door swung wide, and the children shouted, "It's Santa! It's Santa!"

"Ho, ho, ho!" Santa roared. "Merry Christmas!"

The years passed. Stevie grew and filled out, and out and out. One day I said, "You know, Stevie, you'd make a really good Santa now. Do you remember how you liked to play Santa?"

He nodded.

"Remember how Grandma said you could be a Santa in a department store?" He nodded again.

"Here's an ad in the paper. They're hiring Santas for the mall. I'll drive you for an interview."

This time I was the one with the illusions. He was more vocal now and the right size—six feet three inches and 230 pounds—but he still had a slight speech defect and his hands still trembled. He didn't get the job.

But for Stevie's thirtieth Christmas, on impulse (for what do you buy someone who doesn't read, write, smoke, drink or understand the value of money?) I bought him a sumptuous Santa suit. It brought him to life when he was the hit of the family Christmas party. The next year, it was barely fall when he said, "I can't wait for Christmas." Then in November he announced, "I'm going to be Santa at Navy Hospital."

"That's nice," I said absently. "I'll help you apply."

"It's all fixed."

And so it was. He took me to see a neighbor, a member of the Navy League. "Yes," she said. "It's arranged. He's going to be our Santa this year."

"You've explained?" I asked. "They do know he's slightly handicapped?"

"We think he'll do fine," she said. "He's going to walk through the wards with the admiral and Miss San Diego and hand out gifts."

Later I pointed out to Stevie, "They don't pay anything." He shrugged. Before December arrived he had two other dates as a volunteer Santa—one at a day-care center and the other at a retirement home.

On December 16 I drove Stevie to Navy Hospital, waiting while he made the rounds. Later, the admiral wished everyone a Merry Christmas on a microphone outside. Miss San Diego added her greetings, and Santa got up and reminded everyone to pray for the hostages in the Middle East.

"That was quite a speech," I told him afterward.

"Yes," he agreed with total poise.

As we drove home he waved to the cars with waving children *(continued)*

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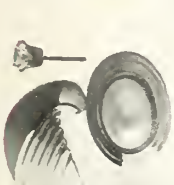
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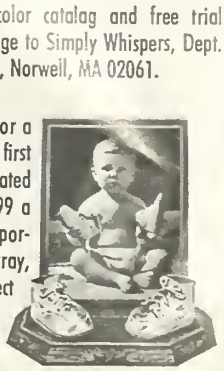


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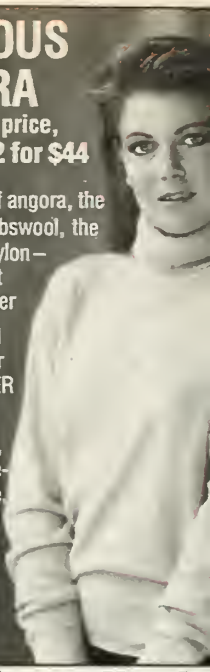
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SMILING AT SANTA
continued

them. Everyone smiled at Santa. oon after that the Navy League t him pictures and a copy of the vy League newsletter, which said, eve Riddell was a super Santa." It s accompanied by a letter of thanks t ended with "We hope you'll be ita at Navy Hospital next year."

his year, summer had just ended en Stevie opened the hall closet, ed at the box on the shelf and led. Then he went to stare at the ndar. He thought he was alone, and hands trembled without restraint as began talking to the imaginary nd who is still with us. **End**

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Owner: Meredith Corporation, 1716 Locust Street, Des oines, IA 50336. The names and addresses of stock- lders owning or holding 1 percent or more of the total nount of stocks: Cede & Co., 8ox 20, 8owling Green ation, New York, NY 10004; Emseg & Co., C/O North- st 8ank-Minneapolis N.A., P.O. 8ox 1450, Minneapo- , MN 55480; Kemco & Co., C/D Continental 8ank, 80-1, 30 North LaSalle Street, Chicago, IL 60697; Kray Co., One Financial Plaza 440 S. LaSalle Street, Chicago, 60605; Philadep & Co., 1900 Market Street, Philadel- la, PA 19103; Polly & Co., C/D Wall Street Bank of w York Division, 67 Broad Street, New York, NY 10004; op & Co., C/O Norwest 8ank of Des Moines, 666 alnut Street, P.O. Box 837, Des Moines, IA 50304. The . Meredith and 8ohen families and family foundations n directly or beneficially, through some of the nomi- es listed above, approximately 27.2% of the issued and tstanding stock of the corporation. Each nominee holds ock for one or more stockholders.
Known bondholders, mortgagees and other security lders owning or holding 1 percent or more of total nount of bonds, mortgages or other securities: None.
Average number of copies of each issue during pre- ding 12 months:

A)	Total number of copies printed (net press run)	6,053,430
B)	Paid circulation	
	1. Sales through dealers & carriers, street vendors, and counter sales	998,713
	2. Mail subscriptions	4,047,013
C)	Total paid circulation	5,045,726
D)	Free distribution by mail, carrier or other means: samples, complimentary and other free copies	264,197
E)	Total distribution (sum of C & D)	5,309,923
F)	Copies not distributed	
	1. Office use, leftover, unaccounted, spoiled after printing	25,970
	2. Returns from news agents	717,537
G)	Total (sum of E, F1 and 2—should equal net press run shown in A)	6,053,430

tual number of copies of single issue blished nearest to filing date:

A)	Total number of copies printed (net press run)	6,087,174
B)	Paid circulation	
	1. Sales through dealers & carriers, street vendors, and counter sales	1,075,000
	2. Mail subscriptions	4,014,893
C)	Total paid circulation	5,089,893
D)	Free distribution by mail, carrier or other means: samples, complimentary and other means	295,790
E)	Total distribution (sum of C & D)	5,385,683
F)	Copies not distributed	
	1. Office use, leftover, unaccounted, spoiled after printing	26,491
	2. Returns from news agents	675,000
G)	Total (sum of E, F1, and 2—should equal net press run shown in A)	6,087,174

certify that the statements made by me above are rrect and complete. *Robert D. Thomas, Sr. V.P., Publisher*

LADIES' HOME Journal SHOPPING SERVICE

TIE ONE ON as seen on page 132

Heather Sloane sweater and skirt offer
Department J1271
P.O. Box 10930
Des Moines, IA 50340

Fully refundable if not satisfied!

Please send me the following:

ITEM #	STYLE	S	M	L
500	Black sweater / Ivory skirt			
501	Red sweater / Black skirt			

Special purchase price only $59.95 plus $4.00 postage & handling
BEST BUY: Buy any two outfits for only $99.95 plus $5.00 postage & handling

Enclosed is my check or money order made payable to HEATHER SLOANE.
Or charge my ☐ Mastercard or ☐ Visa.

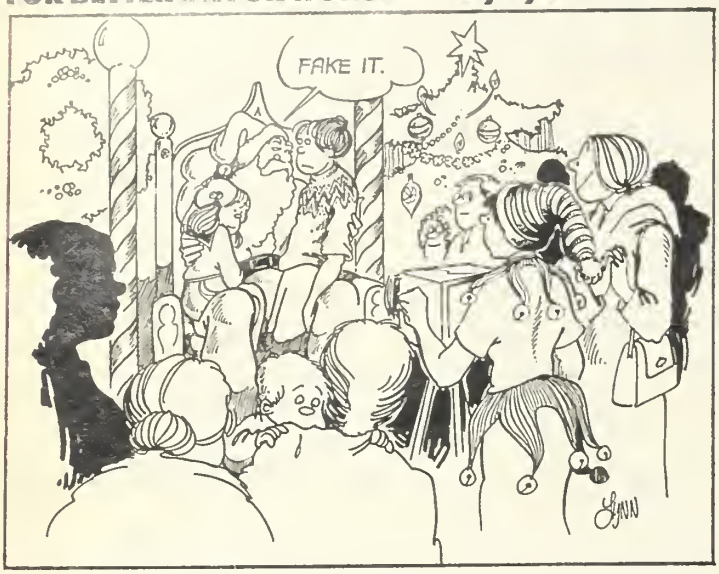
Signature _____
Card No. _____ **Exp.Date** _____
Print Name _____
Address _____
City _____ **State** _____ **Zip** _____

For Canadian orders use U.S. funds and add $3.00 for postage & handling charges. Please allow 4–6 weeks for delivery. Vendor: Heather Sloane, 1901 Bell Avenue, Des Moines, IA 50315.



LAST LAUGHS

FOR BETTER OR FOR WORSE **By Lynn Johnston**



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Out of the mouths of babes

Teoching children proper toble monners is on ongoing bottle. One doy during lunch my three-yeor-old osked me to refill her milk. "Whot's the mogic word?" I osked. With o big smile she replied proudly, "Now!" —*Lourie Wojtczok, Corol Streom, IL*

Our six-yeor-old son, Kolmon, wos storing ot the box thot contoined our new A.M./F.M. clock radio. I osked him whot wos wrong, ond he answered, "If A.M. is in the morning, and P.M. is in the evening, when is F.M.?" —*Tzipi Kaminer, New York, NY*

Upon opening his gifts lost Christmos, my nine-yeor-old seemed unduly upset. When I asked him if he wos okoy, he soid, "I sure hope I know if Sonta is real by the time I hove kids so that I'll know if I hove to buy the presents or not."

—*Dione Kudrick, Conestogo, PA*

Holiday glossary

Fruitcake 1: o coke filled with candied fruits 2: heirloom thot gets wropped and rewropped every year as it passes from one relative to the next
Ho, ho, ho 1: Santa Claus's laughter 2: the noise your mother-in-law makes while everyone else ossures you that Christmas dinner is delicious
Jingle bells 1: smoll, tinkling instruments usually found on o sleigh 2: the sound of cosh registers gobbling hard-eorned money
Santa Clous 1: red-suited bearer of gifts 2: the guy ot the locol moll who promises the kids everything while safely conceoled under cotton whiskers
Winter wonderland 1: a snow-covered landscope 2: an excuse to go to the Bohomos (Merry Christmas to oll, ond to myself o good flight!)

—*Peg Wexler*

A CHRISTMAS CARD TO FERGIE AND DI

Princess Fergie ond Princess Di
My gift to you will be to try
To turn up my nose ot stories which
(Because you're royal, because you're rich)

Say that one of you is fat
Or has o lover or something like that.
It may not seem much, but I don't suppose

You need onything in the way of clothes
Or powder or o brooch
To you from me: you're beyond reproach.

—*Roy Blount, Jr.*

COMING IN Jan



6955

Great chili cook-off We asked all fifty state governors far their favarite chili recipes—the winners will surprise yau!
Eye-catching eyes Want ta make yaurs mare beautiful? Dan't miss aur expert tips—guaranteed ta make 'em stop and stare.
Lower-your-cholesterol diet An extraordinary weight-lass plan that will reduce yaur risk af heart disease.
Best bargain fashions It's the seasan for mark-dawns galare! We'll tell you haw ta shop smart, what styles you can caunt an far next seasan and how ta get the mast far yaur maney.
Workout Rx Don't let yaur summer figure turn to flab—we've develaped a tatal-bady rautine that you can tailar ta yaur fitness gaals.
Breakfasts: simple and sensational Speedy ideas for an-the-ga weekdays and elaborate brunches far weekends.

Plus low-cal desserts, interviews with top stars, and lots, lots more. On sale December 15.